



11. Deisterberglauf  
Barsinghausen / 28.09.2014

Detailed evaluation

Meyer, Kathrin

Club: Garbsener SC  
Number: 126

Course: 5.00 km  
5 km-Lauf

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 25:16  
Speed: 11.87 km/h  
Running performance: 5:03 min/km  
Rank in course/Total: 12 (of 30)  
Rank in course/Women: 6 (of 15)  
Best time in course: 21:43  
Rank in category: 2(of 3)  
Best time in the category: 21:43

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.30	17:36	5:20	2	2:22	6	2:22	3.30	17:36	5:20	2	2:22	6	2:22
Last lap Finish	1.70	7:40	4:30	2	1:11	6	1:11	5.00	25:16	5:03	2	3:33	6	3:33