



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Lofski, Nadine

Club: Tus Wunstorf
Number: 343

Course: 9.70 km
10 km-Lauf

Category:
Frauen (20-29 Jahre)

Total time: 40:59

Speed: 14.20 km/h
Running performance: 4:14 min/km

Rank in course/Total: 4 (of 51)

Rank in course/Women: 1 (of 12)

Best time in course: 40:59

Rank in category: 1(of 2)

Best time in the category: 40:59

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	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	14:45	4:28	1	-	1	-	3.30	14:45	4:28	1	-	1	-
Lap 2	1.70	8:02	4:43	1	-	1	-	5.00	22:47	4:33	1	-	1	-
Lap 3	2.10	7:44	3:40	1	-	2	0:15	7.10	30:31	4:17	1	-	1	-
Last lap Finish	2.60	10:28	4:01	1	-	2	0:03	9.70	40:59	4:13	1	-	1	-