



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Mewes, Gwendolyn

Club: Dets RaceTeam
Number: 320

Course: 9.70 km
10 km-Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 42:23

Speed: 13.73 km/h
Running performance: 4:22 min/km

Rank in course/Total: 6 (of 51)
Rank in course/Women: 2 (of 12)
Best time in course: 40:59

Rank in category: 1(of 1)
Best time in the category: 42:23

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Lap 1	3.30	15:40	4:44	1	-	2	0:55	3.30	15:40	4:44	1	-	2	0:55	
Lap 2	1.70	8:49	5:11	1	-	2	0:47	5.00	24:29	4:53	1	-	2	1:42	
Lap 3	2.10	7:29	3:33	1	-	1	-	7.10	31:58	4:30	1	-	2	1:27	
Last lap Finish	2.60	10:25	4:00	1	-	1	-	9.70	42:23	4:22	1	-	2	1:24	