



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Trüstedt, Agnes

Club: Herdecke
Number: 115

Course: 5.00 km
5 km-Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 28:47

Speed: 10.42 km/h
Running performance: 5:46 min/km

Rank in course/Total: 16 (of 30)

Rank in course/Women: 7 (of 15)

Best time in course: 21:43

Rank in category: 1(of 1)

Best time in the category: 28:47

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	3.30	20:15	6:08	1	-	7	5:01	3.30	20:15	6:08	1	-	7	5:01
Last lap Finish	1.70	8:32	5:01	1	-	7	2:03	5.00	28:47	5:45	1	-	7	7:04