



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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		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	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