



11. Deisterberglauf
Barsinghausen / 28.09.2014

Detailed evaluation

Katarzyna, Kos

Number: 133

Course: 5.00 km
5 km-Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 29:09

Speed: 10.29 km/h
Running performance: 5:50 min/km

Rank in course/Total: 17 (of 30)

Rank in course/Women: 8 (of 15)

Best time in course: 21:43

Rank in category: 2(of 2)

Best time in the category: 24:36

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	20:32	6:13	2	3:30	8	5:18	3.30	20:32	6:13	2	3:30	8	5:18
Last lap Finish	1.70	8:37	5:04	2	1:03	8	2:08	5.00	29:09	5:49	2	4:33	8	7:26