



11. Deisterberglauf  
Barsinghausen / 28.09.2014

Detailed evaluation

Gehling, Rebecca

Club: Gehling RSJT

Number: 101

Course: 5.00 km

5 km-Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 30:42

Speed: 9.77 km/h

Running performance: 6:08 min/km

Rank in course/Total: 19 (of 30)

Rank in course/Women: 9 (of 15)

Best time in course: 21:43

Rank in category: 3(of 3)

Best time in the category: 21:43

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	21:23	6:28	3	6:09	9	6:09	3.30	21:23	6:28	3	6:09	9	6:09
Last lap Finish	1.70	9:19	5:28	3	2:50	9	2:50	5.00	30:42	6:08	3	8:59	9	8:59