



11. Deisterberglauf
Barsinghausen / 28.09.2014

Detailed evaluation

Ramajzl-Oesterreich, Anja

Club: Team Oesterreich
Number: 110

Course: 5.00 km
5 km-Lauf

Category:
Frauen (20-29 Jahre)

Total time: 31:30

Speed: 9.52 km/h
Running performance: 6:18 min/km

Rank in course/Total: 21 (of 30)

Rank in course/Women: 10 (of 15)

Best time in course: 21:43

Rank in category: 2(of 3)

Best time in the category: 24:13

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	21:42	6:34	2	4:56	10	6:28	3.30	21:42	6:34	2	4:56	10	6:28
Last lap Finish	1.70	9:48	5:45	2	2:21	10	3:19	5.00	31:30	6:17	2	7:17	10	9:47