



# 11. Deisterberglauf

Barsinghausen / 28.09.2014

## Detailed evaluation

**Czupryniak, Justyna**

Club: DJK Sparta Langenhagen  
Number: 304

Course: 9.70 km  
10 km-Lauf

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 46:23

Speed: 11.64 km/h  
Running performance: 4:47 min/km

Rank in course/Total: 16 (of 51)  
Rank in course/Women: 3 (of 12)  
Best time in course: 40:59

Rank in category: 1(of 1)  
Best time in the category: 46:23

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.30	16:28	4:59	1	-	3	1:43	3.30	16:28	4:59	1	-	3	1:43
Lap 2	1.70	9:45	5:44	1	-	4	1:43	5.00	26:13	5:14	1	-	3	3:26
Lap 3	2.10	8:38	4:06	1	-	3	1:09	7.10	34:51	4:54	1	-	3	4:20
Last lap Finish	2.60	11:32	4:26	1	-	3	1:07	9.70	46:23	4:46	1	-	3	5:24