



# 11. Deisterberglauf

Barsinghausen / 28.09.2014

## Detailed evaluation

Jeep, Iris

Club: Hannover 96  
Number: 314

Course: 9.70 km  
10 km-Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 47:36

Speed: 11.34 km/h  
Running performance: 4:55 min/km

Rank in course/Total: 21 (of 51)

Rank in course/Women: 4 (of 12)

Best time in course: 40:59

Rank in category: 1(of 4)

Best time in the category: 47:36

### 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	16:58	5:08	1	-	4	2:13	3.30	16:58	5:08	1	-	4	2:13
Lap 2	1.70	9:41	5:41	1	-	3	1:39	5.00	26:39	5:19	1	-	4	3:52
Lap 3	2.10	8:52	4:13	1	-	4	1:23	7.10	35:31	5:00	1	-	4	5:00
Last lap Finish	2.60	12:05	4:38	1	-	5	1:40	9.70	47:36	4:54	1	-	4	6:37