



# 11. Deisterberglauf

Barsinghausen / 28.09.2014

## Detailed evaluation

Montag, Monika

Club: lifeline Freizeithof List Hannover  
Number: 108

Course: 5.00 km  
5 km-Lauf

Category:  
Seniorinnen W55 (55-59 Jahre)

Total time: 34:31

Speed: 8.69 km/h  
Running performance: 6:54 min/km

Rank in course/Total: 25 (of 30)  
Rank in course/Women: 11 (of 15)  
Best time in course: 21:43  
Rank in category: 1(of 1)  
Best time in the category: 34:31

### Intermediate times

### Stage score

### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	3.30	23:48	7:12	1	-	12	8:34	3.30	23:48	7:12	1	-	11	8:34
Last lap Finish	1.70	10:43	6:18	1	-	11	4:14	5.00	34:31	6:54	1	-	11	12:48