



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Ruhl, Dagmar

Club: Hannover Athletics
Number: 326

Course: 9.70 km
10 km-Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 49:34

Speed: 10.89 km/h
Running performance: 5:07 min/km

Rank in course/Total: 26 (of 51)

Rank in course/Women: 5 (of 12)

Best time in course: 40:59

Rank in category: 2(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	18:01	5:27	2	1:03	5	3:16	3.30	18:01	5:27	2	1:03	5	3:16
Lap 2	1.70	10:06	5:56	2	0:25	6	2:04	5.00	28:07	5:37	2	1:28	5	5:20
Lap 3	2.10	9:14	4:23	2	0:22	5	1:45	7.10	37:21	5:15	2	1:50	5	6:50
Last lap Finish	2.60	12:13	4:41	2	0:08	6	1:48	9.70	49:34	5:06	2	1:58	5	8:35