



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Melzian, Ute

Club: TuS Altwarmbüchen
Number: 106

Course: 5.00 km
5 km-Lauf

Category:
Seniorinnen W60 (60-64 Jahre)

Total time: 35:24

Speed: 8.47 km/h
Running performance: 7:05 min/km

Rank in course/Total: 26 (of 30)
Rank in course/Women: 12 (of 15)
Best time in course: 21:43

Rank in category: 1(of 1)
Best time in the category: 35:24

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	23:28	7:06	1	-	11	8:14	3.30	23:28	7:06	1	-	12	8:14
Last lap Finish	1.70	11:56	7:01	1	-	14	5:27	5.00	35:24	7:04	1	-	12	13:41