



# 11. Deisterberglauf

Barsinghausen / 28.09.2014

## Detailed evaluation

**Harms, Yvonne**

Club: Hannover  
Number: 312

Course: 9.70 km  
10 km-Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 50:00

Speed: 10.80 km/h  
Running performance: 5:09 min/km

Rank in course/Total: 28 (of 51)

Rank in course/Women: 6 (of 12)

Best time in course: 40:59

Rank in category: 1(of 4)

Best time in the category: 50:00

### 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	18:32	5:36	2	0:10	7	3:47	3.30	18:32	5:36	1	-	6	3:47
Lap 2	1.70	9:50	5:47	1	-	5	1:48	5.00	28:22	5:40	1	-	6	5:35
Lap 3	2.10	9:36	4:34	2	0:02	7	2:07	7.10	37:58	5:20	1	-	6	7:27
Last lap Finish	2.60	12:02	4:37	1	-	4	1:37	9.70	50:00	5:09	1	-	6	9:01