



11. Deisterberglauf  
Barsinghausen / 28.09.2014

Detailed evaluation

Wilstermann, Janine

Club: Hannover  
Number: 117

Course: 5.00 km  
5 km-Lauf

Category:  
Frauen (20-29 Jahre)

Total time: 35:39

Speed: 8.42 km/h  
Running performance: 7:08 min/km

Rank in course/Total: 27 (of 30)

Rank in course/Women: 13 (of 15)

Best time in course: 21:43

Rank in category: 3(of 3)

Best time in the category: 24:13

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	24:27	7:24	3	7:41	13	9:13	3.30	24:27	7:24	3	7:41	13	9:13
Last lap Finish	1.70	11:12	6:35	3	3:45	13	4:43	5.00	35:39	7:07	3	11:26	13	13:56