



11. Deisterberglauf
Barsinghausen / 28.09.2014

Detailed evaluation

Opolka, Helga

Number: 121

Course: 5.00 km
5 km-Lauf

Category:
Seniorinnen W70 (70-74 Jahre)

Total time: 35:57

Speed: 8.34 km/h

Running performance: 7:11 min/km

Rank in course/Total: 28 (of 30)

Rank in course/Women: 14 (of 15)

Best time in course: 21:43

Rank in category: 1(of 1)

Best time in the category: 35:57

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	25:03	7:35	1	-	14	9:49	3.30	25:03	7:35	1	-	14	9:49
Last lap Finish	1.70	10:54	6:24	1	-	12	4:25	5.00	35:57	7:11	1	-	14	14:14