



11. Deisterberglauf
Barsinghausen / 28.09.2014

Detailed evaluation

Kolbe, Elke

Number: 345

Course: 9.70 km
10 km-Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 51:57

Speed: 10.39 km/h

Running performance: 5:22 min/km

Rank in course/Total: 31 (of 51)

Rank in course/Women: 7 (of 12)

Best time in course: 40:59

Rank in category: 2(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.30	18:22	5:33	1	-	6	3:37	3.30	18:22	5:33	2		7	3:37
Lap 2	1.70	11:03	6:30	2	1:13	7	3:01	5.00	29:25	5:53	2	1:03	7	6:38
Lap 3	2.10	9:43	4:37	3	0:09	8	2:14	7.10	39:08	5:30	2	1:10	7	8:37
Last lap Finish	2.60	12:49	4:55	3	0:47	8	2:24	9.70	51:57	5:21	2	1:57	7	10:58