



# 11. Deisterberglauf

Barsinghausen / 28.09.2014

## Detailed evaluation

Theus, Yessica

Club: IGS Helpsen  
Number: 128

Course: 5.00 km  
5 km-Lauf

Category:  
weibliche Jugend U16 (14 Jahre)

Total time: 38:06

Speed: 7.87 km/h  
Running performance: 7:37 min/km

Rank in course/Total: 29 (of 30)

Rank in course/Women: 15 (of 15)

Best time in course: 21:43

Rank in category: 1(of 1)

Best time in the category: 38:06

### Intermediate times

### Stage score

### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	3.30	25:27	7:42	1	-	15	10:13	3.30	25:27	7:42	1	-	15	10:13
Last lap Finish	1.70	12:39	7:26	1	-	15	6:10	5.00	38:06	7:37	1	-	15	16:23