



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 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	25:27	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