



11. Deisterberglauf
Barsinghausen / 28.09.2014

Detailed evaluation

Schwindt, Elana

Club: Diakonie
Number: 331

Course: 9.70 km
10 km-Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 53:54

Speed: 10.02 km/h
Running performance: 5:34 min/km

Rank in course/Total: 35 (of 51)
Rank in course/Women: 8 (of 12)
Best time in course: 40:59

Rank in category: 3(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	19:46	5:59	3	1:24	9	5:01	3.30	19:46	5:59	3	1:14	8	5:01
Lap 2	1.70	11:48	6:56	3	1:58	8	3:46	5.00	31:34	6:18	3	3:12	8	8:47
Lap 3	2.10	9:34	4:33	1	-	6	2:05	7.10	41:08	5:47	3	3:10	8	10:37
Last lap Finish	2.60	12:46	4:54	2	0:44	7	2:21	9.70	53:54	5:33	3	3:54	8	12:55