



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Wilke, Angelika

Club: Barsinghausen
Number: 336

Course: 9.70 km
10 km-Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 54:16

Speed: 9.95 km/h
Running performance: 5:35 min/km

Rank in course/Total: 37 (of 51)

Rank in course/Women: 9 (of 12)

Best time in course: 40:59

Rank in category: 3(of 4)

Best time in the category: 47:36

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	19:30	5:54	3	2:32	8	4:45	3.30	19:30	5:54	3	2:32	9	4:45
Lap 2	1.70	11:57	7:01	3	2:16	9	3:55	5.00	31:27	6:17	3	4:48	9	8:40
Lap 3	2.10	9:50	4:40	3	0:58	9	2:21	7.10	41:17	5:48	3	5:46	9	10:46
Last lap Finish	2.60	12:59	4:59	3	0:54	9	2:34	9.70	54:16	5:35	3	6:40	9	13:17