



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Castiñeira, Carlos

Club: Hannover
Number: 28

Course: 5.00 km
5 km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 19:07

Speed: 15.69 km/h
Running performance: 3:49 min/km

Rank in course/Total: 1 (of 53)

Rank in course/Men: 1 (of 25)

Best time in course: 19:07

Rank in category: 1(of 3)

Best time in the category: 19:07

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.30	13:24	4:03	1	-	2	0:07	3.30	13:24	4:03	1	-	13	
Last lap Finish	1.70	5:43	3:21	1	-	1	-	5.00	19:07	3:49	1	-	1	-