



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

**Bieland, Michael**

Club: We Run For Fun  
Number: 53

Course: 5.00 km  
5 km-Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 24:19

Speed: 12.34 km/h  
Running performance: 4:52 min/km

Rank in course/Total: 10 (of 53)

Rank in course/Men: 8 (of 25)

Best time in course: 19:07

Rank in category: 1(of 6)

Best time in the category: 24:19

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.30	17:08	5:11	1	-	9	3:51	3.30	17:08	5:11	1	-	18	
Last lap Finish	1.70	7:11	4:13	1	-	8	1:28	5.00	24:19	4:51	1	-	8	5:12