



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 |