



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Bode, Sascha

Club: Tennisverein Eldagsen
Number: 123

Course: 9.70 km
10 km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 55:34

Speed: 10.47 km/h
Running performance: 5:44 min/km

Rank in course/Total: 43 (of 73)

Rank in course/Men: 32 (of 49)

Best time in course: 38:37

Rank in category: 7(of 10)

Best time in the category: 44:38

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	21:11	6:25	7	3:52	33	5:56	3.30	21:11	6:25	7	3:52	8	0:06
Lap 2	1.70	11:16	6:37	6	2:19	30	3:38	5.00	32:27	6:29	7	6:11	8	
Lap 3	2.10	10:11	4:50	7	2:05	34	3:18	7.10	42:38	6:00	7	8:16	8	
Last lap Finish	2.60	12:56	4:58	7	2:40	34	4:07	9.70	55:34	5:43	7	10:56	32	16:57