



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: 9.72 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 |