



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Heiming, Ralf

Club: Barsinghausen
Number: 152

Course: 9.70 km
10 km-Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 56:31

Speed: 9.55 km/h
Running performance: 5:50 min/km

Rank in course/Total: 45 (of 73)

Rank in course/Men: 33 (of 49)

Best time in course: 38:37

Rank in category: 4(of 6)

Best time in the category: 46:44

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	22:01	6:40	4	3:42	35	6:46	3.30	22:01	6:40	4	3:42	9	0:56
Lap 2	1.70	11:56	7:01	5	2:44	39	4:18	5.00	33:57	6:47	4	6:26	9	1:08
Lap 3	2.10	9:43	4:37	5	1:18	30	2:50	7.10	43:40	6:09	4	7:44	9	
Last lap Finish	2.60	12:51	4:56	4	2:03	32	4:02	9.70	56:31	5:49	4	9:47	33	17:54