



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Minkmar, Sascha

Club: Elan Barsinghausen
Number: 124

Course: 9.70 km
10 km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 56:47

Speed: 9.51 km/h
Running performance: 5:51 min/km

Rank in course/Total: 48 (of 73)

Rank in course/Men: 34 (of 49)

Best time in course: 38:37

Rank in category: 6(of 9)

Best time in the category: 38:37

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.30	22:08	6:42	6	6:53	37	6:53	3.30	22:08	6:42	6	6:53	10	1:03
Lap 2	1.70	10:59	6:27	5	3:21	28	3:21	5.00	33:07	6:37	6	10:14	10	0:18
Lap 3	2.10	10:44	5:06	8	3:51	39	3:51	7.10	43:51	6:10	6	14:03	10	0:07
Last lap Finish	2.60	12:56	4:58	7	4:07	34	4:07	9.70	56:47	5:51	6	18:10	34	18:10