



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Schulz, Stefan

Club: pingpank.de  
Number: 105

Course: 9.70 km  
10 km-Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 57:16

Speed: 9.43 km/h  
Running performance: 5:54 min/km

Rank in course/Total: 50 (of 73)

Rank in course/Men: 36 (of 49)

Best time in course: 38:37

Rank in category: 8(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	21:34	6:32	8	4:15	34	6:19	3.30	21:34	6:32	8	4:15	11	0:29
Lap 2	1.70	12:08	7:08	9	3:11	40	4:30	5.00	33:42	6:44	8	7:26	11	0:53
Lap 3	2.10	10:17	4:53	8	2:11	35	3:24	7.10	43:59	6:11	8	9:37	11	0:15
Last lap Finish	2.60	13:17	5:06	8	3:01	38	4:28	9.70	57:16	5:54	8	12:38	36	18:39