



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Siegel, Kai

Club: Team Erdinger Alkoholfrei  
Number: 174

Course: 9.70 km  
10 km-Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 56:55

Speed: 10.23 km/h  
Running performance: 5:52 min/km

Rank in course/Total: 49 (of 73)

Rank in course/Men: 35 (of 49)

Best time in course: 38:37

Rank in category: 5(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	22:04	6:41	5	3:45	36	6:49	3.30	22:04	6:41	5	3:45	12	0:59
Lap 2	1.70	11:55	7:00	4	2:43	38	4:17	5.00	33:59	6:47	5	6:28	12	1:10
Lap 3	2.10	9:41	4:36	4	1:16	29	2:48	7.10	43:40	6:09	4	7:44	9	
Last lap Finish	2.60	13:15	5:05	5	2:27	36	4:26	9.70	56:55	5:52	5	10:11	35	18:18