



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Weigel, Timm

Number: 177

Course: 9.70 km  
10 km-Lauf

Category:  
Männer (20-29 Jahre)

Total time: 58:26

Speed: 9.96 km/h

Running performance: 6:01 min/km

Rank in course/Total: 52 (of 73)

Rank in course/Men: 37 (of 49)

Best time in course: 38:37

Rank in category: 2(of 2)

Best time in the category: 54:53

Intermediate times

Stage score

Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Lap 1           | 3.30        | 21:05         | 6:23            | 1           | -              | 30          | 5:50          | 3.30          | 21:05         | 6:23            | 1           | -              | 1          | -             |
| Lap 2           | 1.70        | 11:44         | 6:54            | 2           | 0:19           | 36          | 4:06          | 5.00          | 32:49         | 6:33            | 2           | 0:19           | 1          | -             |
| Lap 3           | 2.10        | 10:55         | 5:11            | 2           | 1:07           | 42          | 4:02          | 7.10          | 43:44         | 6:09            | 2           | 1:26           | 1          | -             |
| Last lap Finish | 2.60        | 14:42         | 5:39            | 2           | 2:07           | 46          | 5:53          | 9.70          | 58:26         | 6:01            | 2           | 3:33           | 37         | 19:49         |