



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: 9.24 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 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	21:05	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