



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Peters, Thorsten

Number: 57

Course: 5.00 km
5 km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 24:26

Speed: 12.28 km/h

Running performance: 4:53 min/km

Rank in course/Total: 11 (of 53)

Rank in course/Men: 9 (of 25)

Best time in course: 19:07

Rank in category: 2(of 3)

Best time in the category: 21:42

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.30	16:58	5:08	2	2:03	8	3:41	3.30	16:58	5:08	2	2:03	17	
Last lap Finish	1.70	7:28	4:23	2	0:41	12	1:45	5.00	24:26	4:53	2	2:44	9	5:19