



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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind 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