



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Becker, Wolfgang

Club: Hannover
Number: 150

Course: 9.70 km
10 km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 58:37

Speed: 9.93 km/h
Running performance: 6:02 min/km

Rank in course/Total: 53 (of 73)

Rank in course/Men: 38 (of 49)

Best time in course: 38:37

Rank in category: 7(of 9)

Best time in the category: 38:37

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	23:31	7:07	8	8:16	40	8:16	3.30	23:31	7:07	7	8:16	14	2:26
Lap 2	1.70	11:37	6:50	7	3:59	35	3:59	5.00	35:08	7:01	7	12:15	14	2:19
Lap 3	2.10	10:37	5:03	7	3:44	37	3:44	7.10	45:45	6:26	7	15:57	14	2:01
Last lap Finish	2.60	12:52	4:56	6	4:03	33	4:03	9.70	58:37	6:02	7	20:00	38	20:00