



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Schürmann, Peter

Club: Hannover
Number: 103

Course: 9.70 km
10 km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:00:02

Speed: 9.00 km/h
Running performance: 6:11 min/km

Rank in course/Total: 55 (of 73)

Rank in course/Men: 39 (of 49)

Best time in course: 38:37

Rank in category: 9(of 10)

Best time in the category: 44:38

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	24:32	7:26	10	7:13	46	9:17	3.30	24:32	7:26	9	7:13	15	3:27
Lap 2	1.70	11:24	6:42	7	2:27	31	3:46	5.00	35:56	7:11	9	9:40	15	3:07
Lap 3	2.10	10:41	5:05	9	2:35	38	3:48	7.10	46:37	6:33	9	12:15	15	2:53
Last lap Finish	2.60	13:25	5:09	9	3:09	40	4:36	9.70	1:00:02	6:11	9	15:24	39	21:25