



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Kanzok, Rudolf

Club: pingpank.de
Number: 167

Course: 9.70 km
10 km-Lauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 1:00:10

Speed: 9.67 km/h
Running performance: 6:12 min/km

Rank in course/Total: 57 (of 73)

Rank in course/Men: 40 (of 49)

Best time in course: 38:37

Rank in category: 2(of 2)

Best time in the category: 50:36

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	24:12	7:20	2	4:24	44	8:57	3.30	24:12	7:20	2	4:24	16	3:07
Lap 2	1.70	11:45	6:54	2	2:02	37	4:07	5.00	35:57	7:11	2	6:26	16	3:08
Lap 3	2.10	10:57	5:12	2	2:00	43	4:04	7.10	46:54	6:36	2	8:26	16	3:10
Last lap Finish	2.60	13:16	5:06	2	1:08	37	4:27	9.70	1:00:10	6:12	2	9:34	40	21:33