



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Hess, Rene

Club: Hannover  
Number: 110

Course: 9.70 km  
10 km-Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:01:04

Speed: 8.84 km/h  
Running performance: 6:18 min/km

Rank in course/Total: 58 (of 73)

Rank in course/Men: 41 (of 49)

Best time in course: 38:37

Rank in category: 8(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	23:16	7:03	7	8:01	39	8:01	3.30	23:16	7:03	8	8:01	17	2:11
Lap 2	1.70	12:45	7:30	8	5:07	42	5:07	5.00	36:01	7:12	8	13:08	17	3:12
Lap 3	2.10	10:24	4:57	6	3:31	36	3:31	7.10	46:25	6:32	8	16:37	17	2:41
Last lap Finish	2.60	14:39	5:38	9	5:50	45	5:50	9.70	1:01:04	6:17	8	22:27	41	22:27