



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Gawert, Marc

Number: 165

Course: 9.70 km
10 km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:01:04

Speed: 8.84 km/h

Running performance: 6:18 min/km

Rank in course/Total: 59 (of 73)

Rank in course/Men: 41 (of 49)

Best time in course: 38:37

Rank in category: 6(of 7)

Best time in the category: 47:25

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.30	23:04	6:59	6	4:38	38	7:49	3.30	23:04	6:59	6	4:38	18	1:59
Lap 2	1.70	12:31	7:21	6	3:04	41	4:53	5.00	35:35	7:07	6	7:42	18	2:46
Lap 3	2.10	11:32	5:29	6	3:04	46	4:39	7.10	47:07	6:38	6	10:46	18	3:23
Last lap Finish	2.60	13:57	5:21	6	2:53	41	5:08	9.70	1:01:04	6:17	6	13:39	41	22:27