



10. Deisterberglauf

Barsinghausen / 15.09.2013

Detailed evaluation

Deperrest, Yanis

Club: Langenhagen
Number: 158

Course: 9.70 km
10 km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:01:09

Speed: 9.52 km/h
Running performance: 6:18 min/km

Rank in course/Total: 60 (of 73)

Rank in course/Men: 43 (of 49)

Best time in course: 38:37

Rank in category: 9(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	23:39	7:10	9	8:24	41	8:24	3.30	23:39	7:10	9	8:24	19	2:34
Lap 2	1.70	13:12	7:45	9	5:34	46	5:34	5.00	36:51	7:22	9	13:58	19	4:02
Lap 3	2.10	10:57	5:12	9	4:04	43	4:04	7.10	47:48	6:43	9	18:00	19	4:04
Last lap Finish	2.60	13:21	5:08	8	4:32	39	4:32	9.70	1:01:09	6:18	9	22:32	43	22:32