



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Beuse, Udo

Club: Barsinghausen
Number: 142

Course: 9.70 km
10 km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:02:45

Speed: 8.61 km/h
Running performance: 6:28 min/km

Rank in course/Total: 63 (of 73)

Rank in course/Men: 44 (of 49)

Best time in course: 38:37

Rank in category: 10(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	24:11	7:19	9	6:52	43	8:56	3.30	24:11	7:19	10	6:52	20	3:06
Lap 2	1.70	13:06	7:42	10	4:09	45	5:28	5.00	37:17	7:27	10	11:01	20	4:28
Lap 3	2.10	10:52	5:10	10	2:46	40	3:59	7.10	48:09	6:46	10	13:47	20	4:25
Last lap Finish	2.60	14:36	5:36	10	4:20	44	5:47	9.70	1:02:45	6:28	10	18:07	44	24:08