



10. Deisterberglauf

Barsinghausen / 15.09.2013

Detailed evaluation

Kühn, Johannes

Club: SVE Hiddestorf

Number: 111

Course: 9.70 km

10 km-Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 1:02:47

Speed: 8.60 km/h

Running performance: 6:28 min/km

Rank in course/Total: 64 (of 73)

Rank in course/Men: 45 (of 49)

Best time in course: 38:37

Rank in category: 3(of 4)

Best time in the category: 47:34

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	km	Time			min/km	Pos Men	Behind Men
Lap 1	3.30	24:20	7:22	3	5:55	45	9:05	3.30	24:20	7:22	3	5:55	21	3:15
Lap 2	1.70	13:05	7:41	3	3:00	44	5:27	5.00	37:25	7:28	3	8:54	21	4:36
Lap 3	2.10	10:57	5:12	4	2:57	43	4:04	7.10	48:22	6:48	3	11:51	21	4:38
Last lap Finish	2.60	14:25	5:32	4	3:22	43	5:36	9.70	1:02:47	6:28	3	15:13	45	24:10