



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Ehlers, Dr. Ulrich

Club: GC Bad Pyrmont
Number: 107

Course: 9.70 km
10 km-Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 1:04:02

Speed: 8.43 km/h
Running performance: 6:36 min/km

Rank in course/Total: 65 (of 73)

Rank in course/Men: 46 (of 49)

Best time in course: 38:37

Rank in category: 1(of 1)

Best time in the category: 1:04:02

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	23:49	7:13	1	-	42	8:34	3.30	23:49	7:13	1	-	22	2:44
Lap 2	1.70	12:56	7:36	1	-	43	5:18	5.00	36:45	7:20	1	-	22	3:56
Lap 3	2.10	11:36	5:31	1	-	47	4:43	7.10	48:21	6:48	1	-	22	4:37
Last lap Finish	2.60	15:41	6:01	1	-	48	6:52	9.70	1:04:02	6:36	1	-	46	25:25