



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Reinhardt, Ulrich

Club: Feldflitzer
Number: 170

Course: 9.70 km
10 km-Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 1:04:57

Speed: 8.31 km/h
Running performance: 6:42 min/km

Rank in course/Total: 67 (of 73)

Rank in course/Men: 47 (of 49)

Best time in course: 38:37

Rank in category: 4(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.30	26:31	8:02	4	8:06	47	11:16	3.30	26:31	8:02	4	8:06	23	5:26
Lap 2	1.70	13:35	7:59	4	3:30	47	5:57	5.00	40:06	8:01	4	11:35	23	7:17
Lap 3	2.10	10:53	5:10	3	2:53	41	4:00	7.10	50:59	7:10	4	14:28	23	7:15
Last lap Finish	2.60	13:58	5:22	3	2:55	42	5:09	9.70	1:04:57	6:41	4	17:23	47	26:20