



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Jojade, Bernd

Club: Hannover  
Number: 148

Course: 9.70 km  
10 km-Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:08:13

Speed: 7.92 km/h  
Running performance: 7:02 min/km

Rank in course/Total: 71 (of 73)

Rank in course/Men: 48 (of 49)

Best time in course: 38:37

Rank in category: 7(of 7)

Best time in the category: 47:25

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	26:51	8:08	7	8:25	48	11:36	3.30	26:51	8:08	7	8:25	24	5:46
Lap 2	1.70	13:55	8:11	7	4:28	48	6:17	5.00	40:46	8:09	7	12:53	24	7:57
Lap 3	2.10	12:20	5:52	7	3:52	48	5:27	7.10	53:06	7:28	7	16:45	24	9:22
Last lap Finish	2.60	15:07	5:48	7	4:03	47	6:18	9.70	1:08:13	7:01	7	20:48	48	29:36