



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Brudzewski, Michael

Club: Kaltenweide
Number: 54

Course: 5.00 km
5 km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 25:19

Speed: 11.85 km/h
Running performance: 5:04 min/km

Rank in course/Total: 15 (of 53)

Rank in course/Men: 12 (of 25)

Best time in course: 19:07

Rank in category: 2(of 3)

Best time in the category: 19:07

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	17:58	5:26	2	4:34	14	4:41	3.30	17:58	5:26	2	4:34	14		
Last lap Finish	1.70	7:21	4:19	2	1:38	9	1:38	5.00	25:19	5:03	2	6:12	12	6:12	