



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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |  |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|--|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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          |  |