



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Gläser, Uwe

Club: Laufen Aktuell OG Hannover
Number: 30

Course: 5.00 km
5 km-Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 25:27

Speed: 11.79 km/h
Running performance: 5:05 min/km

Rank in course/Total: 16 (of 53)

Rank in course/Men: 13 (of 25)

Best time in course: 19:07

Rank in category: 2(of 6)

Best time in the category: 24:19

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.30	18:06	5:29	2	0:58	16	4:49	3.30	18:06	5:29	2	0:58	1	-
Last lap Finish	1.70	7:21	4:19	2	0:10	9	1:38	5.00	25:27	5:05	2	1:08	13	6:20