



10. Deisterberglauf

Barsinghausen / 15.09.2013

Detailed evaluation

Woltmann, Andreas

Club: Hannover

Number: 35

Course: 5.00 km

5 km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 25:52

Speed: 11.60 km/h

Running performance: 5:10 min/km

Rank in course/Total: 20 (of 53)

Rank in course/Men: 15 (of 25)

Best time in course: 19:07

Rank in category: 3(of 3)

Best time in the category: 21:42

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	18:13	5:31	3	3:18	17	4:56	3.30	18:13	5:31	3	3:18	11	0:07
Last lap Finish	1.70	7:39	4:30	3	0:52	14	1:56	5.00	25:52	5:10	3	4:10	15	6:45