



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Totzke, Georg

Club: Hannover
Number: 18

Course: 5.00 km
5 km-Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 25:55

Speed: 11.58 km/h
Running performance: 5:11 min/km

Rank in course/Total: 21 (of 53)

Rank in course/Men: 16 (of 25)

Best time in course: 19:07

Rank in category: 3(of 6)

Best time in the category: 24:19

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	18:29	5:36	3	1:21	18	5:12	3.30	18:29	5:36	3	1:21	10	0:23
Last lap Finish	1.70	7:26	4:22	3	0:15	11	1:43	5.00	25:55	5:11	3	1:36	16	6:48