



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Asche, Wolfgang

Club: TSV Kirchdorf
Number: 45

Course: 5.00 km
5 km-Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 26:02

Speed: 11.52 km/h
Running performance: 5:13 min/km

Rank in course/Total: 22 (of 53)

Rank in course/Men: 17 (of 25)

Best time in course: 19:07

Rank in category: 1(of 2)

Best time in the category: 26:02

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	17:48	5:23	1	-	12	4:31	3.30	17:48	5:23	1	-	9	
Last lap Finish	1.70	8:14	4:50	1	-	18	2:31	5.00	26:02	5:12	1	-	17	6:55