



10. Deisterberglauf

Barsinghausen / 15.09.2013

Detailed evaluation

Baade, Mike

Club: TSV Kolenfeld

Number: 42

Course: 5.00 km

5 km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 26:38

Speed: 11.26 km/h

Running performance: 5:20 min/km

Rank in course/Total: 27 (of 53)

Rank in course/Men: 19 (of 25)

Best time in course: 19:07

Rank in category: 3(of 3)

Best time in the category: 19:07

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	18:46	5:41	3	5:22	19	5:29	3.30	18:46	5:41	3	5:22	7	0:40
Last lap Finish	1.70	7:52	4:37	3	2:09	16	2:09	5.00	26:38	5:19	3	7:31	19	7:31