



10. Deisterberglauf

Barsinghausen / 15.09.2013

Detailed evaluation

Grüne, Benjamin

Club: TSV Kirchdorf
Number: 27

Course: 5.00 km
5 km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 20:01

Speed: 14.99 km/h
Running performance: 4:00 min/km

Rank in course/Total: 3 (of 53)

Rank in course/Men: 3 (of 25)

Best time in course: 19:07

Rank in category: 1(of 3)

Best time in the category: 20:01

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	13:28	4:04	1	-	3	0:11	3.30	13:28	4:04	1	-	23	
Last lap Finish	1.70	6:33	3:51	1	-	5	0:50	5.00	20:01	4:00	1	-	3	0:54