



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Flohr, Michael

Club: ohne
Number: 15

Course: 5.00 km
5 km-Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 28:21

Speed: 10.58 km/h
Running performance: 5:40 min/km

Rank in course/Total: 31 (of 53)

Rank in course/Men: 20 (of 25)

Best time in course: 19:07

Rank in category: 4(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	19:48	6:00	4	2:40	20	6:31	3.30	19:48	6:00	4	2:40	6	1:42
Last lap Finish	1.70	8:33	5:01	4	1:22	21	2:50	5.00	28:21	5:40	4	4:02	20	9:14