



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Schmitt, Oliver

Club: Garbsen  
Number: 17

Course: 5.00 km  
5 km-Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 28:41

Speed: 10.46 km/h  
Running performance: 5:44 min/km

Rank in course/Total: 34 (of 53)

Rank in course/Men: 21 (of 25)

Best time in course: 19:07

Rank in category: 2(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	20:24	6:10	2	6:56	21	7:07	3.30	20:24	6:10	2	6:56	5	2:18
Last lap Finish	1.70	8:17	4:52	2	1:44	20	2:34	5.00	28:41	5:44	2	8:40	21	9:34