



10. Deisterberglauf

Barsinghausen / 15.09.2013

Detailed evaluation

Göthel, René

Club: Laufftreff Burgwedel
Number: 55

Course: 5.00 km
5 km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 21:27

Speed: 13.99 km/h
Running performance: 4:17 min/km

Rank in course/Total: 4 (of 53)

Rank in course/Men: 4 (of 25)

Best time in course: 19:07

Rank in category: 1(of 2)

Best time in the category: 21:27

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	14:55	4:31	1	-	4	1:38	3.30	14:55	4:31	1	-	20	
Last lap Finish	1.70	6:32	3:50	1	-	4	0:49	5.00	21:27	4:17	1	-	4	2:20