



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Fuhlenriede, Armin

Club: Team Pirate
Number: 48

Course: 5.00 km
5 km-Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 32:34

Speed: 9.21 km/h
Running performance: 6:31 min/km

Rank in course/Total: 41 (of 53)

Rank in course/Men: 23 (of 25)

Best time in course: 19:07

Rank in category: 5(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	23:43	7:11	6	6:35	24	10:26	3.30	23:43	7:11	5	6:35	3	5:37
Last lap Finish	1.70	8:51	5:12	5	1:40	22	3:08	5.00	32:34	6:30	5	8:15	23	13:27