



# 10. Deisterberglauf

Barsinghausen / 15.09.2013

## Detailed evaluation

**Bode, Heiner**

Club: Hildesheim  
Number: 40

Course: 5.00 km  
5 km-Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 34:13

Speed: 8.77 km/h  
Running performance: 6:50 min/km

Rank in course/Total: 45 (of 53)

Rank in course/Men: 24 (of 25)

Best time in course: 19:07

Rank in category: 6(of 6)

Best time in the category: 24:19

### 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	21:17	6:26	5	4:09	23	8:00	3.30	21:17	6:26	6	4:09	2	3:11
Last lap Finish	1.70	12:56	7:36	6	5:45	24	7:13	5.00	34:13	6:50	6	9:54	24	15:06