



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Dörrie, Robin

Club: Dets RaceTeam
Number: 143

Course: 9.70 km
10 km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 38:37

Speed: 15.07 km/h
Running performance: 3:59 min/km

Rank in course/Total: 1 (of 73)

Rank in course/Men: 1 (of 49)

Best time in course: 38:37

Rank in category: 1(of 9)

Best time in the category: 38:37

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.30	15:15	4:37	1	-	1	-	3.30	15:15	4:37	1	-	27	
Lap 2	1.70	7:38	4:29	1	-	1	-	5.00	22:53	4:34	1	-	37	
Lap 3	2.10	6:55	3:17	2	0:02	2	0:02	7.10	29:48	4:11	1	-	37	
Last lap Finish	2.60	8:49	3:23	1	-	1	-	9.70	38:37	3:58	1	-	1	-