



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Kleinholz-Mewes, Jörg

Club: Dets RaceTeam  
Number: 157

Course: 9.70 km  
10 km-Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 39:11

Speed: 14.85 km/h  
Running performance: 4:02 min/km

Rank in course/Total: 2 (of 73)

Rank in course/Men: 2 (of 49)

Best time in course: 38:37

Rank in category: 2(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	15:21	4:39	2	0:06	3	0:06	3.30	15:21	4:39	2	0:06	26	
Lap 2	1.70	7:43	4:32	2	0:05	2	0:05	5.00	23:04	4:36	2	0:11	26	
Lap 3	2.10	6:53	3:16	1	-	1	-	7.10	29:57	4:13	2	0:09	26	
Last lap Finish	2.60	9:14	3:33	2	0:25	3	0:25	9.70	39:11	4:02	2	0:34	2	0:34