



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Crotiow, Martin

Club: Hannover 96
Number: 166

Course: 9.70 km
10 km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 45:28

Speed: 12.80 km/h
Running performance: 4:41 min/km

Rank in course/Total: 5 (of 73)

Rank in course/Men: 5 (of 49)

Best time in course: 38:37

Rank in category: 3(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	17:48	5:23	3	2:33	5	2:33	3.30	17:48	5:23	3	2:33	29	
Lap 2	1.70	9:04	5:19	3	1:26	5	1:26	5.00	26:52	5:22	3	3:59	29	
Lap 3	2.10	8:03	3:50	3	1:10	5	1:10	7.10	34:55	4:55	3	5:07	29	
Last lap Finish	2.60	10:33	4:03	3	1:44	6	1:44	9.70	45:28	4:41	3	6:51	5	6:51