



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Zilz, Stefan

Club: Wunstorf  
Number: 161

Course: 9.70 km  
10 km-Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 46:36

Speed: 12.49 km/h  
Running performance: 4:48 min/km

Rank in course/Total: 6 (of 73)

Rank in course/Men: 6 (of 49)

Best time in course: 38:37

Rank in category: 2(of 10)

Best time in the category: 44:38

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	18:27	5:35	2	1:08	9	3:12	3.30	18:27	5:35	2	1:08	30		
Lap 2	1.70	9:20	5:29	2	0:23	7	1:42	5.00	27:47	5:33	2	1:31	30		
Lap 3	2.10	8:13	3:54	2	0:07	7	1:20	7.10	36:00	5:04	2	1:38	30		
Last lap Finish	2.60	10:36	4:04	2	0:20	7	1:47	9.70	46:36	4:48	2	1:58	6	7:59	