



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Blume, Jörg

Club: www.blume-physiotherapie.de
Number: 172

Course: 9.70 km
10 km-Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 46:44

Speed: 11.55 km/h
Running performance: 4:49 min/km

Rank in course/Total: 7 (of 73)

Rank in course/Men: 7 (of 49)

Best time in course: 38:37

Rank in category: 1(of 6)

Best time in the category: 46:44

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	18:19	5:33	1	-	6	3:04	3.30	18:19	5:33	1	-	31	
Lap 2	1.70	9:12	5:24	1	-	6	1:34	5.00	27:31	5:30	1	-	31	
Lap 3	2.10	8:25	4:00	1	-	8	1:32	7.10	35:56	5:03	1	-	31	
Last lap Finish	2.60	10:48	4:09	1	-	8	1:59	9.70	46:44	4:49	1	-	7	8:07