



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Blaich, Günther

Club: Hannover
Number: 125

Course: 9.70 km
10 km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 47:25

Speed: 12.27 km/h
Running performance: 4:53 min/km

Rank in course/Total: 10 (of 73)

Rank in course/Men: 8 (of 49)

Best time in course: 38:37

Rank in category: 1(of 7)

Best time in the category: 47:25

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	18:26	5:35	1	-	8	3:11	3.30	18:26	5:35	1	-	32	
Lap 2	1.70	9:27	5:33	1	-	8	1:49	5.00	27:53	5:34	1	-	32	
Lap 3	2.10	8:28	4:01	1	-	10	1:35	7.10	36:21	5:07	1	-	32	
Last lap Finish	2.60	11:04	4:15	1	-	10	2:15	9.70	47:25	4:53	1	-	8	8:48