



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

**Oppermann, Detlef**

Club: Post SV Lehrte  
Number: 113

Course: 9.70 km  
10 km-Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 47:34

Speed: 11.35 km/h  
Running performance: 4:54 min/km

Rank in course/Total: 11 (of 73)

Rank in course/Men: 9 (of 49)

Best time in course: 38:37

Rank in category: 1(of 4)

Best time in the category: 47:34

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	18:25	5:34	1	-	7	3:10	3.30	18:25	5:34	1	-	33	
Lap 2	1.70	10:06	5:56	2	0:01	14	2:28	5.00	28:31	5:42	1	-	33	
Lap 3	2.10	8:00	3:48	1	-	4	1:07	7.10	36:31	5:08	1	-	33	
Last lap Finish	2.60	11:03	4:15	1	-	9	2:14	9.70	47:34	4:54	1	-	9	8:57