



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Beer, Thomas

Club: TSV Saxonia
Number: 5

Course: 5.00 km
5 km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 21:42

Speed: 13.82 km/h
Running performance: 4:20 min/km

Rank in course/Total: 7 (of 53)

Rank in course/Men: 6 (of 25)

Best time in course: 19:07

Rank in category: 1(of 3)

Best time in the category: 21:42

Intermediate times

Stage score

Total ranking

| Control | Split | Split | Split | Pos | Behind | Pos | Behind | Total | Total | Total | Pos | Behind | Pos | Behind |
|-----------------|-------|-------|--------|------|--------|-----|--------|-------|-------|--------|------|--------|-----|--------|
| | km | Time | min/km | Cat. | Cat. | Men | Men | km | Time | min/km | Cat. | Cat. | Men | Men |
| Lap 1 | 3.30 | 14:55 | 4:31 | 1 | - | 4 | 1:38 | 3.30 | 14:55 | 4:31 | 1 | - | 20 | |
| Last lap Finish | 1.70 | 6:47 | 3:59 | 1 | - | 6 | 1:04 | 5.00 | 21:42 | 4:20 | 1 | - | 6 | 2:35 |