



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