



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Wallbaum, Horst

Club: HSV  
Number: 106

Course: 9.70 km  
10 km-Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 48:39

Speed: 11.10 km/h  
Running performance: 5:01 min/km

Rank in course/Total: 14 (of 73)

Rank in course/Men: 11 (of 49)

Best time in course: 38:37

Rank in category: 1(of 3)

Best time in the category: 48:39

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	18:32	5:36	1	-	10	3:17	3.30	18:32	5:36	1	-	35	
Lap 2	1.70	10:17	6:02	1	-	19	2:39	5.00	28:49	5:45	1	-	35	
Lap 3	2.10	8:27	4:01	1	-	9	1:34	7.10	37:16	5:14	1	-	35	
Last lap Finish	2.60	11:23	4:22	1	-	14	2:34	9.70	48:39	5:00	1	-	11	10:02