



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Förster, Frank

Club: Hannover
Number: 130

Course: 9.70 km
10 km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 49:22

Speed: 10.94 km/h
Running performance: 5:05 min/km

Rank in course/Total: 15 (of 73)

Rank in course/Men: 12 (of 49)

Best time in course: 38:37

Rank in category: 3(of 10)

Best time in the category: 44:38

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	19:18	5:50	3	1:59	11	4:03	3.30	19:18	5:50	3	1:59	36	
Lap 2	1.70	10:09	5:58	4	1:12	15	2:31	5.00	29:27	5:53	3	3:11	36	
Lap 3	2.10	8:31	4:03	4	0:25	12	1:38	7.10	37:58	5:20	3	3:36	36	
Last lap Finish	2.60	11:24	4:23	5	1:08	15	2:35	9.70	49:22	5:05	3	4:44	12	10:45