



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Föhr, Jochen

Club: enercity
Number: 183

Course: 9.70 km
10 km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 49:35

Speed: 10.89 km/h
Running performance: 5:07 min/km

Rank in course/Total: 16 (of 73)

Rank in course/Men: 13 (of 49)

Best time in course: 38:37

Rank in category: 4(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.30	19:35	5:56	4	2:16	15	4:20	3.30	19:35	5:56	4	2:16	25	
Lap 2	1.70	10:09	5:58	4	1:12	15	2:31	5.00	29:44	5:56	4	3:28	25	
Lap 3	2.10	8:30	4:02	3	0:24	11	1:37	7.10	38:14	5:23	4	3:52	25	
Last lap Finish	2.60	11:21	4:21	3	1:05	12	2:32	9.70	49:35	5:06	4	4:57	13	10:58