



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Freese, Niels

Club: Hannover
Number: 116

Course: 9.70 km
10 km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 49:41

Speed: 10.87 km/h
Running performance: 5:07 min/km

Rank in course/Total: 18 (of 73)

Rank in course/Men: 14 (of 49)

Best time in course: 38:37

Rank in category: 2(of 7)

Best time in the category: 47:25

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	19:40	5:57	3	1:14	16	4:25	3.30	19:40	5:57	2	1:14	38	
Lap 2	1.70	9:53	5:48	2	0:26	11	2:15	5.00	29:33	5:54	2	1:40	34	
Lap 3	2.10	8:52	4:13	2	0:24	16	1:59	7.10	38:25	5:24	2	2:04	38	
Last lap Finish	2.60	11:16	4:20	2	0:12	11	2:27	9.70	49:41	5:07	2	2:16	14	11:04