



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Pawlak, Thortsen

Number: 171

Course: 9.70 km  
10 km-Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 49:59

Speed: 10.80 km/h  
Running performance: 5:09 min/km

Rank in course/Total: 19 (of 73)

Rank in course/Men: 15 (of 49)

Best time in course: 38:37

Rank in category: 5(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	19:40	5:57	5	2:21	16	4:25	3.30	19:40	5:57	5	2:21	38	
Lap 2	1.70	9:51	5:47	3	0:54	10	2:13	5.00	29:31	5:54	5	3:15	39	
Lap 3	2.10	9:07	4:20	5	1:01	18	2:14	7.10	38:38	5:26	5	4:16	39	
Last lap Finish	2.60	11:21	4:21	3	1:05	12	2:32	9.70	49:59	5:09	5	5:21	15	11:22