



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Taube, Rainer

Club: pingpank.de
Number: 131

Course: 9.70 km
10 km-Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 50:33

Speed: 10.68 km/h
Running performance: 5:13 min/km

Rank in course/Total: 22 (of 73)

Rank in course/Men: 17 (of 49)

Best time in course: 38:37

Rank in category: 2(of 6)

Best time in the category: 46:44

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	19:55	6:02	3	1:36	21	4:40	3.30	19:55	6:02	2	1:36	41	
Lap 2	1.70	10:09	5:58	2	0:57	15	2:31	5.00	30:04	6:00	2	2:33	41	
Lap 3	2.10	8:50	4:12	2	0:25	15	1:57	7.10	38:54	5:28	2	2:58	41	
Last lap Finish	2.60	11:39	4:28	2	0:51	20	2:50	9.70	50:33	5:12	2	3:49	17	11:56