



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Bötnagel, Ralf

Club: Hannover

Number: 41

Course: 5.00 km

5 km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 23:34

Speed: 12.73 km/h

Running performance: 4:43 min/km

Rank in course/Total: 8 (of 53)

Rank in course/Men: 7 (of 25)

Best time in course: 19:07

Rank in category: 2(of 2)

Best time in the category: 21:27

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.30	16:26	4:58	2	1:31	7	3:09	3.30	16:26	4:58	2	1:31	19	
Last lap Finish	1.70	7:08	4:11	2	0:36	7	1:25	5.00	23:34	4:42	2	2:07	7	4:27