



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Kramer, Manfred

Club: TSV Barsinghausen  
Number: 176

Course: 9.70 km  
10 km-Lauf

Category:  
Senioren M70 (70-74 Jahre)

Total time: 50:36

Speed: 10.67 km/h  
Running performance: 5:13 min/km

Rank in course/Total: 23 (of 73)

Rank in course/Men: 18 (of 49)

Best time in course: 38:37

Rank in category: 1(of 2)

Best time in the category: 50:36

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	19:48	6:00	1	-	19	4:33	3.30	19:48	6:00	1	-	42	
Lap 2	1.70	9:43	5:42	1	-	9	2:05	5.00	29:31	5:54	1	-	39	
Lap 3	2.10	8:57	4:15	1	-	17	2:04	7.10	38:28	5:25	1	-	42	
Last lap Finish	2.60	12:08	4:39	1	-	24	3:19	9.70	50:36	5:12	1	-	18	11:59