



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Kurzbach, Lothar

Club: Hannover  
Number: 156

Course: 9.70 km  
10 km-Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 50:57

Speed: 10.60 km/h  
Running performance: 5:15 min/km

Rank in course/Total: 24 (of 73)

Rank in course/Men: 19 (of 49)

Best time in course: 38:37

Rank in category: 2(of 4)

Best time in the category: 47:34

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	20:12	6:07	2	1:47	23	4:57	3.30	20:12	6:07	2	1:47	43	
Lap 2	1.70	10:05	5:55	1	-	13	2:27	5.00	30:17	6:03	2	1:46	43	
Lap 3	2.10	9:15	4:24	2	1:15	20	2:22	7.10	39:32	5:34	2	3:01	43	
Last lap Finish	2.60	11:25	4:23	2	0:22	16	2:36	9.70	50:57	5:15	2	3:23	19	12:20