



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Buschermoehle, Thomas

Club: Hannover 96
Number: 137

Course: 9.70 km
10 km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 51:01

Speed: 11.41 km/h
Running performance: 5:16 min/km

Rank in course/Total: 25 (of 73)

Rank in course/Men: 20 (of 49)

Best time in course: 38:37

Rank in category: 3(of 7)

Best time in the category: 47:25

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	19:29	5:54	2	1:03	13	4:14	3.30	19:29	5:54	3	1:03	44		
Lap 2	1.70	10:32	6:11	4	1:05	23	2:54	5.00	30:01	6:00	3	2:08	44		
Lap 3	2.10	9:21	4:27	4	0:53	23	2:28	7.10	39:22	5:32	3	3:01	44		
Last lap Finish	2.60	11:39	4:28	4	0:35	20	2:50	9.70	51:01	5:15	3	3:36	20	12:24	