



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Grethe, Michael

Club: DJK Sparta Langenhagen
Number: 141

Course: 9.70 km
10 km-Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 51:04

Speed: 10.57 km/h
Running performance: 5:16 min/km

Rank in course/Total: 26 (of 73)

Rank in course/Men: 21 (of 49)

Best time in course: 38:37

Rank in category: 2(of 3)

Best time in the category: 48:39

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	19:25	5:53	2	0:53	12	4:10	3.30	19:25	5:53	2	0:53	45	
Lap 2	1.70	10:55	6:25	3	0:38	26	3:17	5.00	30:20	6:03	2	1:31	45	
Lap 3	2.10	9:09	4:21	2	0:42	19	2:16	7.10	39:29	5:33	2	2:13	45	
Last lap Finish	2.60	11:35	4:27	2	0:12	19	2:46	9.70	51:04	5:15	2	2:25	21	12:27