



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Striegler, Danilo

Club: LLG Springe
Number: 112

Course: 9.70 km
10 km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 51:14

Speed: 11.36 km/h
Running performance: 5:17 min/km

Rank in course/Total: 27 (of 73)

Rank in course/Men: 22 (of 49)

Best time in course: 38:37

Rank in category: 4(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	20:04	6:04	4	1:38	22	4:49	3.30	20:04	6:04	4	1:38	46	
Lap 2	1.70	10:26	6:08	3	0:59	21	2:48	5.00	30:30	6:05	4	2:37	46	
Lap 3	2.10	9:15	4:24	3	0:47	20	2:22	7.10	39:45	5:35	4	3:24	46	
Last lap Finish	2.60	11:29	4:24	3	0:25	18	2:40	9.70	51:14	5:16	4	3:49	22	12:37