



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Finke, Ullrich

Club: Hannover
Number: 154

Course: 9.70 km
10 km-Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 51:52

Speed: 11.22 km/h
Running performance: 5:21 min/km

Rank in course/Total: 30 (of 73)

Rank in course/Men: 23 (of 49)

Best time in course: 38:37

Rank in category: 3(of 6)

Best time in the category: 46:44

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	19:46	5:59	2	1:27	18	4:31	3.30	19:46	5:59	3	1:27	47		
Lap 2	1.70	10:13	6:00	3	1:01	18	2:35	5.00	29:59	5:59	3	2:28	47		
Lap 3	2.10	9:20	4:26	3	0:55	22	2:27	7.10	39:19	5:32	3	3:23	47		
Last lap Finish	2.60	12:33	4:49	3	1:45	28	3:44	9.70	51:52	5:20	3	5:08	23	13:15	