



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: 10.41 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. | 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      |