



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

John, Detlef

Club: TSV Barsinghausen
Number: 179

Course: 9.70 km
10 km-Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 52:54

Speed: 11.00 km/h
Running performance: 5:27 min/km

Rank in course/Total: 31 (of 73)

Rank in course/Men: 24 (of 49)

Best time in course: 38:37

Rank in category: 3(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	20:49	6:18	3	2:17	27	5:34	3.30	20:49	6:18	3	2:17	48		
Lap 2	1.70	10:27	6:08	2	0:10	22	2:49	5.00	31:16	6:15	3	2:27	48		
Lap 3	2.10	9:21	4:27	3	0:54	23	2:28	7.10	40:37	5:43	3	3:21	48		
Last lap Finish	2.60	12:17	4:43	3	0:54	25	3:28	9.70	52:54	5:27	3	4:15	24	14:17	