



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Reubert, Mike

Club: WVC Kassel
Number: 178

Course: 9.70 km
10 km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 53:03

Speed: 10.97 km/h
Running performance: 5:28 min/km

Rank in course/Total: 32 (of 73)

Rank in course/Men: 25 (of 49)

Best time in course: 38:37

Rank in category: 1(of 2)

Best time in the category: 53:03

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	20:56	6:20	1	-	29	5:41	3.30	20:56	6:20	1	-	13	
Lap 2	1.70	10:46	6:20	1	-	24	3:08	5.00	31:42	6:20	1	-	13	
Lap 3	2.10	9:27	4:29	1	-	25	2:34	7.10	41:09	5:47	1	-	13	
Last lap Finish	2.60	11:54	4:34	1	-	22	3:05	9.70	53:03	5:28	1	-	25	14:26