



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Walz, Marc

Number: 173

Course: 9.70 km
10 km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 53:27

Speed: 10.89 km/h

Running performance: 5:31 min/km

Rank in course/Total: 36 (of 73)

Rank in course/Men: 26 (of 49)

Best time in course: 38:37

Rank in category: 4(of 9)

Best time in the category: 38:37

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	20:30	6:12	4	5:15	24	5:15	3.30	20:30	6:12	4	5:15	2	
Lap 2	1.70	10:55	6:25	4	3:17	26	3:17	5.00	31:25	6:16	4	8:32	2	
Lap 3	2.10	9:34	4:33	4	2:41	27	2:41	7.10	40:59	5:46	4	11:11	2	
Last lap Finish	2.60	12:28	4:47	4	3:39	27	3:39	9.70	53:27	5:30	4	14:50	26	14:50