



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Wegwerth, Ronald

Club: Barsinghausen
Number: 163

Course: 9.70 km
10 km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 53:41

Speed: 10.06 km/h
Running performance: 5:32 min/km

Rank in course/Total: 38 (of 73)

Rank in course/Men: 28 (of 49)

Best time in course: 38:37

Rank in category: 5(of 7)

Best time in the category: 47:25

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	20:51	6:19	5	2:25	28	5:36	3.30	20:51	6:19	5	2:25	3		
Lap 2	1.70	10:48	6:21	5	1:21	25	3:10	5.00	31:39	6:19	5	3:46	3		
Lap 3	2.10	9:39	4:35	5	1:11	28	2:46	7.10	41:18	5:49	5	4:57	3		
Last lap Finish	2.60	12:23	4:45	5	1:19	26	3:34	9.70	53:41	5:32	5	6:16	28	15:04	