



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Tischendorf, Frank

Club: we run for fun
Number: 159

Course: 9.70 km
10 km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 53:40

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

Rank in course/Total: 37 (of 73)

Rank in course/Men: 27 (of 49)

Best time in course: 38:37

Rank in category: 6(of 10)

Best time in the category: 44:38

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	20:39	6:15	6	3:20	26	5:24	3.30	20:39	6:15	6	3:20	4		
Lap 2	1.70	11:28	6:44	8	2:31	34	3:50	5.00	32:07	6:25	6	5:51	4		
Lap 3	2.10	9:30	4:31	6	1:24	26	2:37	7.10	41:37	5:51	6	7:15	4		
Last lap Finish	2.60	12:03	4:38	6	1:47	23	3:14	9.70	53:40	5:31	6	9:02	27	15:03	