



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Seja, Martin

Club: Langenhagen  
Number: 162

Course: 9.70 km  
10 km-Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 54:52

Speed: 9.84 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 41 (of 73)

Rank in course/Men: 30 (of 49)

Best time in course: 38:37

Rank in category: 2(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.	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	21:05	6:23	2	0:09	30	5:50	3.30	21:05	6:23	2	0:09	1	-
Lap 2	1.70	11:25	6:42	2	0:39	32	3:47	5.00	32:30	6:30	2	0:48	6	
Lap 3	2.10	9:48	4:40	2	0:21	31	2:55	7.10	42:18	5:57	2	1:09	6	
Last lap Finish	2.60	12:34	4:49	2	0:40	29	3:45	9.70	54:52	5:39	2	1:49	30	16:15