



11. Deisterberglauf
Barsinghausen / 28.09.2014

Detailed evaluation

Lange, Michael

Number: 357

Course: 9.70 km
10 km-Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 58:27

Speed: 9.24 km/h
Running performance: 6:02 min/km

Rank in course/Total: 43 (of 51)

Rank in course/Men: 34 (of 39)

Best time in course: 34:28

Rank in category: 1(of 1)

Best time in the category: 58:27

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	17:29	5:17	1	-	17	4:47	3.30	17:29	5:17	1	-	2	
Lap 2	1.70	10:06	5:56	1	-	22	3:09	5.00	27:35	5:30	1	-	15	
Lap 3	2.10	10:10	4:50	1	-	28	3:44	7.10	37:45	5:19	1	-	15	
Last lap Finish	2.60	20:42	7:57	1	-	39	12:19	9.70	58:27	6:01	1	-	34	23:59