



11. Deisterberglauf
Barsinghausen / 28.09.2014

Detailed evaluation

Kanzok, Rudolf

Club: Pingpank.de
Number: 342

Course: 9.70 km
10 km-Lauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 59:13

Speed: 9.12 km/h
Running performance: 6:06 min/km

Rank in course/Total: 44 (of 51)

Rank in course/Men: 35 (of 39)

Best time in course: 34:28

Rank in category: 1(of 1)

Best time in the category: 59:13

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	21:51	6:37	1	-	37	9:09	3.30	21:51	6:37	1	-	16	2:08	
Lap 2	1.70	12:15	7:12	1	-	32	5:18	5.00	34:06	6:49	1	-	16	2:12	
Lap 3	2.10	10:57	5:12	1	-	34	4:31	7.10	45:03	6:20	1	-	16	1:47	
Last lap Finish	2.60	14:10	5:26	1	-	32	5:47	9.70	59:13	6:06	1	-	35	24:45	