



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Hussel, Patrick

Club: LLG Springe
Number: 349

Course: 9.70 km
10 km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 59:25

Speed: 9.09 km/h
Running performance: 6:08 min/km

Rank in course/Total: 45 (of 51)

Rank in course/Men: 36 (of 39)

Best time in course: 34:28

Rank in category: 4(of 4)

Best time in the category: 41:35

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	km	Time			min/km	Pos Men	Behind Men
Lap 1	3.30	21:19	6:27	4	6:46	36	8:37	3.30	21:19	6:27	4	6:46	17	1:36
Lap 2	1.70	12:36	7:24	4	3:58	36	5:39	5.00	33:55	6:46	4	10:44	17	2:01
Lap 3	2.10	11:17	5:22	4	3:17	36	4:51	7.10	45:12	6:21	4	14:01	17	1:56
Last lap Finish	2.60	14:13	5:28	4	3:49	33	5:50	9.70	59:25	6:07	4	17:50	36	24:57