



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Gawert, Marc

Club: Diakonie
Number: 309

Course: 9.70 km
10 km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 59:59

Speed: 9.00 km/h
Running performance: 6:11 min/km

Rank in course/Total: 47 (of 51)

Rank in course/Men: 37 (of 39)

Best time in course: 34:28

Rank in category: 8(of 8)

Best time in the category: 38:35

| 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 | 20:44 | 6:16 | 8 | 6:42 | 35 | 8:02 | 3.30 | 20:44 | 6:16 | 8 | 6:42 | 18 | 1:01 |
| Lap 2 | 1.70 | 12:45 | 7:30 | 8 | 4:44 | 37 | 5:48 | 5.00 | 33:29 | 6:41 | 8 | 11:26 | 18 | 1:35 |
| Lap 3 | 2.10 | 11:54 | 5:40 | 8 | 4:46 | 38 | 5:28 | 7.10 | 45:23 | 6:23 | 8 | 16:12 | 18 | 2:07 |
| Last lap Finish | 2.60 | 14:36 | 5:36 | 8 | 5:12 | 35 | 6:13 | 9.70 | 59:59 | 6:11 | 8 | 21:24 | 37 | 25:31 |