



# 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.	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	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	