



11. Deisterberglauf
Barsinghausen / 28.09.2014

Detailed evaluation

Kühn, Johannes

Club: SVE Hiddestorf
Number: 317

Course: 9.70 km
10 km-Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 1:02:03

Speed: 8.70 km/h
Running performance: 6:24 min/km

Rank in course/Total: 50 (of 51)

Rank in course/Men: 38 (of 39)

Best time in course: 34:28

Rank in category: 1(of 1)

Best time in the category: 1:02:03

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	22:05	6:41	1	-	38	9:23	3.30	22:05	6:41	1	-	19	2:22
Lap 2	1.70	13:02	7:40	1	-	39	6:05	5.00	35:07	7:01	1	-	19	3:13
Lap 3	2.10	11:06	5:17	1	-	35	4:40	7.10	46:13	6:30	1	-	19	2:57
Last lap Finish	2.60	15:50	6:05	1	-	37	7:27	9.70	1:02:03	6:23	1	-	38	27:35