



11. Deisterberglauf
Barsinghausen / 28.09.2014

Detailed evaluation

Ahrens, Karsten

Club: LG Pingpank/üstra
Number: 341

Course: 9.70 km
10 km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:04:08

Speed: 8.42 km/h
Running performance: 6:37 min/km

Rank in course/Total: 51 (of 51)

Rank in course/Men: 39 (of 39)

Best time in course: 34:28

Rank in category: 13(of 13)

Best time in the category: 42:28

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	22:33	6:50	13	7:25	39	9:51	3.30	22:33	6:50	13	7:25	20	2:50
Lap 2	1.70	12:54	7:35	13	3:57	38	5:57	5.00	35:27	7:05	13	11:22	20	3:33
Lap 3	2.10	12:28	5:56	13	4:34	39	6:02	7.10	47:55	6:44	13	15:56	20	4:39
Last lap Finish	2.60	16:13	6:14	13	5:44	38	7:50	9.70	1:04:08	6:36	13	21:40	39	29:40