



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

König, Dirk

Club: Dets RaceTeam
Number: 318

Course: 9.70 km
10 km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 38:35

Speed: 15.08 km/h
Running performance: 3:59 min/km

Rank in course/Total: 2 (of 51)

Rank in course/Men: 2 (of 39)

Best time in course: 34:28

Rank in category: 1(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	14:02	4:15	1	-	2	1:20	3.30	14:02	4:15	1	-	22	
Lap 2	1.70	8:01	4:42	1	-	2	1:04	5.00	22:03	4:24	1	-	22	
Lap 3	2.10	7:08	3:23	1	-	2	0:42	7.10	29:11	4:06	1	-	22	
Last lap Finish	2.60	9:24	3:36	1	-	2	1:01	9.70	38:35	3:58	1	-	2	4:07