



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Salzmann, Rolf

Club: SG Bredenbeck

Number: 112

Course: 5.00 km

5 km-Lauf

Category:

Senioren M65 (65-69 Jahre)

Total time: 24:38

Speed: 12.18 km/h

Running performance: 4:56 min/km

Rank in course/Total: 10 (of 30)

Rank in course/Men: 6 (of 15)

Best time in course: 17:39

Rank in category: 1(of 1)

Best time in the category: 24:38

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	17:10	5:12	1	-	6	4:49	3.30	17:10	5:12	1	-	6	4:49
Last lap Finish	1.70	7:28	4:23	1	-	6	2:10	5.00	24:38	4:55	1	-	6	6:59