



11. Deisterberglauf  
Barsinghausen / 28.09.2014

Detailed evaluation

Rodriquez, Miguel

Club: Lauftreff Göxe  
Number: 124

Course: 5.00 km  
5 km-Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 25:42

Speed: 11.67 km/h  
Running performance: 5:08 min/km

Rank in course/Total: 13 (of 30)

Rank in course/Men: 7 (of 15)

Best time in course: 17:39

Rank in category: 2(of 2)

Best time in the category: 22:53

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.30	18:03	5:28	2	2:28	8	5:42	3.30	18:03	5:28	2	2:28	7	5:42
Last lap Finish	1.70	7:39	4:30	2	0:21	7	2:21	5.00	25:42	5:08	2	2:49	7	8:03