



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Wüsteneý, Björn

Club: TSV Barsinghausen Triathlon
Number: 338

Course: 9.70 km
10 km-Lauf

Category:
Männer (20-29 Jahre)

Total time: 40:20

Speed: 14.43 km/h
Running performance: 4:10 min/km

Rank in course/Total: 3 (of 51)

Rank in course/Men: 3 (of 39)

Best time in course: 34:28

Rank in category: 2(of 4)

Best time in the category: 34:28

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	14:44	4:27	2	2:02	4	2:02	3.30	14:44	4:27	2	2:02	23	
Lap 2	1.70	8:03	4:44	2	1:06	3	1:06	5.00	22:47	4:33	2	3:08	23	
Lap 3	2.10	7:40	3:39	2	1:14	3	1:14	7.10	30:27	4:17	2	4:22	23	
Last lap Finish	2.60	9:53	3:48	2	1:30	3	1:30	9.70	40:20	4:09	2	5:52	3	5:52