



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Reinsberg, Matthias

Club: Garbsen
Number: 325

Course: 9.70 km
10 km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 41:35

Speed: 14.00 km/h
Running performance: 4:17 min/km

Rank in course/Total: 5 (of 51)

Rank in course/Men: 4 (of 39)

Best time in course: 34:28

Rank in category: 1(of 4)

Best time in the category: 41:35

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	14:33	4:24	1	-	3	1:51	3.30	14:33	4:24	1	-	24	
Lap 2	1.70	8:38	5:04	1	-	5	1:41	5.00	23:11	4:38	1	-	24	
Lap 3	2.10	8:00	3:48	1	-	6	1:34	7.10	31:11	4:23	1	-	24	
Last lap Finish	2.60	10:24	4:00	1	-	4	2:01	9.70	41:35	4:17	1	-	4	7:07