



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Stucke, Holger

Club: Hannover 96
Number: 332

Course: 9.70 km
10 km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 42:28

Speed: 13.70 km/h
Running performance: 4:23 min/km

Rank in course/Total: 7 (of 51)

Rank in course/Men: 5 (of 39)

Best time in course: 34:28

Rank in category: 1(of 13)

Best time in the category: 42:28

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	15:08	4:35	1	-	5	2:26	3.30	15:08	4:35	1	-	21	
Lap 2	1.70	8:57	5:15	1	-	7	2:00	5.00	24:05	4:48	1	-	25	
Lap 3	2.10	7:54	3:45	1	-	5	1:28	7.10	31:59	4:30	1	-	25	
Last lap Finish	2.60	10:29	4:01	1	-	5	2:06	9.70	42:28	4:22	1	-	5	8:00