



11. Deisterberglauf
Barsinghausen / 28.09.2014

Detailed evaluation

Müller, Patrick

Club: Garbsen
Number: 109

Course: 5.00 km
5 km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 28:10

Speed: 10.65 km/h
Running performance: 5:38 min/km

Rank in course/Total: 15 (of 30)

Rank in course/Men: 9 (of 15)

Best time in course: 17:39

Rank in category: 1(of 1)

Best time in the category: 28:10

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	19:43	5:58	1	-	9	7:22	3.30	19:43	5:58	1	-	9	7:22
Last lap Finish	1.70	8:27	4:58	1	-	9	3:09	5.00	28:10	5:38	1	-	9	10:31