



11. Deisterberglauf  
Barsinghausen / 28.09.2014

Detailed evaluation

Ziegenmeyer, Henning

Club: Hannover  
Number: 339

Course: 9.70 km  
10 km-Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 42:54

Speed: 12.59 km/h  
Running performance: 4:25 min/km

Rank in course/Total: 8 (of 51)

Rank in course/Men: 6 (of 39)

Best time in course: 34:28

Rank in category: 2(of 8)

Best time in the category: 38:35

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	3.30	15:19	4:38	4	1:17	8	2:37	3.30	15:19	4:38	2	1:17	26		
Lap 2	1.70	8:52	5:12	3	0:51	6	1:55	5.00	24:11	4:50	2	2:08	26		
Lap 3	2.10	7:52	3:44	2	0:44	4	1:26	7.10	32:03	4:30	2	2:52	26		
Last lap Finish	2.60	10:51	4:10	2	1:27	7	2:28	9.70	42:54	4:25	2	4:19	6	8:26	