



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Frömberg, Bernd

Club: Barsinghausen
Number: 307

Course: 9.70 km
10 km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 44:02

Speed: 12.26 km/h
Running performance: 4:32 min/km

Rank in course/Total: 9 (of 51)

Rank in course/Men: 7 (of 39)

Best time in course: 34:28

Rank in category: 3(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		Total		Total		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	15:12	4:36	3	1:10	7	2:30	3.30	15:12	4:36	3	1:10	27		
Lap 2	1.70	8:34	5:02	2	0:33	4	1:37	5.00	23:46	4:45	3	1:43	27		
Lap 3	2.10	9:06	4:19	5	1:58	21	2:40	7.10	32:52	4:37	3	3:41	27		
Last lap Finish	2.60	11:10	4:17	3	1:46	10	2:47	9.70	44:02	4:32	3	5:27	7	9:34	