



11. Deisterberglauf
Barsinghausen / 28.09.2014

Detailed evaluation

Zenfeley, Frank

Club: Dets Friends
Number: 354

Course: 9.70 km
10 km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 44:30

Speed: 12.13 km/h
Running performance: 4:35 min/km

Rank in course/Total: 10 (of 51)

Rank in course/Men: 8 (of 39)

Best time in course: 34:28

Rank in category: 2(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	16:04	4:52	2	0:56	11	3:22	3.30	16:04	4:52	2	0:56	28	
Lap 2	1.70	9:09	5:22	2	0:12	8	2:12	5.00	25:13	5:02	2	1:08	28	
Lap 3	2.10	8:27	4:01	3	0:33	10	2:01	7.10	33:40	4:44	2	1:41	28	
Last lap Finish	2.60	10:50	4:10	2	0:21	6	2:27	9.70	44:30	4:35	2	2:02	8	10:02