



11. Deisterberglauf  
Barsinghausen / 28.09.2014

Detailed evaluation

Bürger, Volker

Club: Hannover  
Number: 350

Course: 9.70 km  
10 km-Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 45:02

Speed: 12.92 km/h  
Running performance: 4:38 min/km

Rank in course/Total: 12 (of 51)

Rank in course/Men: 10 (of 39)

Best time in course: 34:28

Rank in category: 3(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	16:17	4:56	4	1:09	13	3:35	3.30	16:17	4:56	3	1:09	30	
Lap 2	1.70	9:23	5:31	3	0:26	9	2:26	5.00	25:40	5:08	3	1:35	30	
Lap 3	2.10	8:16	3:56	2	0:22	7	1:50	7.10	33:56	4:46	3	1:57	30	
Last lap Finish	2.60	11:06	4:16	3	0:37	8	2:43	9.70	45:02	4:38	3	2:34	10	10:34