



# 11. Deisterberglauf

Barsinghausen / 28.09.2014

## Detailed evaluation

**Gehling, Sascha**

Club: Gehling RSJT

Number: 102

Course: 5.00 km

5 km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 30:39

Speed: 9.79 km/h

Running performance: 6:08 min/km

Rank in course/Total: 18 (of 30)

Rank in course/Men: 10 (of 15)

Best time in course: 17:39

Rank in category: 1(of 1)

Best time in the category: 30:39

### 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	21:23	6:28	1	-	10	9:02	3.30	21:23	6:28	1	-	10	9:02
Last lap Finish	1.70	9:16	5:27	1	-	11	3:58	5.00	30:39	6:07	1	-	10	13:00