



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Mohammad, Sadik

Club: Barsinghausen
Number: 322

Course: 9.70 km
10 km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 45:17

Speed: 12.85 km/h
Running performance: 4:40 min/km

Rank in course/Total: 13 (of 51)

Rank in course/Men: 11 (of 39)

Best time in course: 34:28

Rank in category: 4(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.30	15:08	4:35	2	1:06	5	2:26	3.30	15:08	4:35	4	1:06	21	
Lap 2	1.70	9:48	5:45	4	1:47	16	2:51	5.00	24:56	4:59	4	2:53	21	
Lap 3	2.10	8:29	4:02	3	1:21	11	2:03	7.10	33:25	4:42	4	4:14	21	
Last lap Finish	2.60	11:52	4:33	4	2:28	18	3:29	9.70	45:17	4:40	4	6:42	11	10:49