



# 11. Deisterberglauf

Barsinghausen / 28.09.2014

## Detailed evaluation

**Adnan Nadif, Ibrahim**

Club: Barsinghausen  
Number: 300

Course: 9.70 km  
10 km-Lauf

Category:  
Männer (20-29 Jahre)

Total time: 45:35

Speed: 11.85 km/h  
Running performance: 4:42 min/km

Rank in course/Total: 14 (of 51)

Rank in course/Men: 12 (of 39)

Best time in course: 34:28

Rank in category: 3(of 4)

Best time in the category: 34:28

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	15:56	4:49	3	3:14	10	3:14	3.30	15:56	4:49	3	3:14	32	
Lap 2	1.70	9:54	5:49	4	2:57	18	2:57	5.00	25:50	5:09	3	6:11	32	
Lap 3	2.10	8:24	4:00	3	1:58	9	1:58	7.10	34:14	4:49	3	8:09	32	
Last lap Finish	2.60	11:21	4:21	4	2:58	13	2:58	9.70	45:35	4:41	3	11:07	12	11:07