



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Wilke, Marc

Club: Barsinghausen
Number: 337

Course: 9.70 km
10 km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 45:38

Speed: 12.75 km/h
Running performance: 4:42 min/km

Rank in course/Total: 15 (of 51)

Rank in course/Men: 13 (of 39)

Best time in course: 34:28

Rank in category: 4(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	16:15	4:55	3	1:07	12	3:33	3.30	16:15	4:55	4	1:07	33	
Lap 2	1.70	9:29	5:34	4	0:32	11	2:32	5.00	25:44	5:08	4	1:39	33	
Lap 3	2.10	8:43	4:09	4	0:49	14	2:17	7.10	34:27	4:51	4	2:28	33	
Last lap Finish	2.60	11:11	4:18	4	0:42	11	2:48	9.70	45:38	4:42	4	3:10	13	11:10