



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Redenius, Fokko

Club: Spvg Nds. Döhren Hannover
Number: 324

Course: 9.70 km
10 km-Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 46:35

Speed: 11.59 km/h
Running performance: 4:48 min/km

Rank in course/Total: 17 (of 51)

Rank in course/Men: 14 (of 39)

Best time in course: 34:28

Rank in category: 1(of 1)

Best time in the category: 46:35

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	16:41	5:03	1	-	14	3:59	3.30	16:41	5:03	1	-	34	
Lap 2	1.70	9:35	5:38	1	-	12	2:38	5.00	26:16	5:15	1	-	34	
Lap 3	2.10	8:29	4:02	1	-	11	2:03	7.10	34:45	4:53	1	-	34	
Last lap Finish	2.60	11:50	4:33	1	-	17	3:27	9.70	46:35	4:48	1	-	14	12:07