



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Wendig, Olliver

Club: Garbsen
Number: 131

Course: 5.00 km
5 km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 32:17

Speed: 9.29 km/h
Running performance: 6:28 min/km

Rank in course/Total: 23 (of 30)

Rank in course/Men: 13 (of 15)

Best time in course: 17:39

Rank in category: 1(of 1)

Best time in the category: 32:17

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	22:23	6:46	1	-	12	10:02	3.30	22:23	6:46	1	-	13	10:02
Last lap Finish	1.70	9:54	5:49	1	-	14	4:36	5.00	32:17	6:27	1	-	12	14:38