



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Finke, Ullrich

Club: Hannover
Number: 306

Course: 9.70 km
10 km-Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 47:00

Speed: 12.38 km/h
Running performance: 4:51 min/km

Rank in course/Total: 18 (of 51)

Rank in course/Men: 15 (of 39)

Best time in course: 34:28

Rank in category: 1(of 2)

Best time in the category: 47:00

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	16:52	5:06	1	-	16	4:10	3.30	16:52	5:06	1	-	35	
Lap 2	1.70	9:28	5:34	1	-	10	2:31	5.00	26:20	5:15	1	-	35	
Lap 3	2.10	8:47	4:10	1	-	19	2:21	7.10	35:07	4:56	1	-	35	
Last lap Finish	2.60	11:53	4:34	1	-	19	3:30	9.70	47:00	4:50	1	-	15	12:32