



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Föhr, Silas

Club: Runners Point
Number: 347

Course: 9.70 km
10 km-Lauf

Category:
Männer (20-29 Jahre)

Total time: 47:06

Speed: 11.46 km/h
Running performance: 4:52 min/km

Rank in course/Total: 19 (of 51)

Rank in course/Men: 16 (of 39)

Best time in course: 34:28

Rank in category: 4(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	17:30	5:18	4	4:48	20	4:48	3.30	17:30	5:18	4	4:48	36	
Lap 2	1.70	9:42	5:42	3	2:45	13	2:45	5.00	27:12	5:26	4	7:33	36	
Lap 3	2.10	8:34	4:04	4	2:08	13	2:08	7.10	35:46	5:02	4	9:41	36	
Last lap Finish	2.60	11:20	4:21	3	2:57	12	2:57	9.70	47:06	4:51	4	12:38	16	12:38