



11. Deisterberglauf
Barsinghausen / 28.09.2014

Detailed evaluation

Saßen, Christoph

Club: Hannover
Number: 327

Course: 9.70 km
10 km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 47:23

Speed: 11.40 km/h
Running performance: 4:53 min/km

Rank in course/Total: 20 (of 51)

Rank in course/Men: 17 (of 39)

Best time in course: 34:28

Rank in category: 2(of 4)

Best time in the category: 41:35

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	17:29	5:17	2	2:56	17	4:47	3.30	17:29	5:17	2	2:56	2	
Lap 2	1.70	9:43	5:42	2	1:05	14	2:46	5.00	27:12	5:26	2	4:01	36	
Lap 3	2.10	8:44	4:09	2	0:44	15	2:18	7.10	35:56	5:03	2	4:45	37	
Last lap Finish	2.60	11:27	4:24	2	1:03	14	3:04	9.70	47:23	4:53	2	5:48	17	12:55