



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Fuhlenriede, Armin

Club: Team Pirate

Number: 100

Course: 5.00 km

5 km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 32:49

Speed: 9.14 km/h

Running performance: 6:34 min/km

Rank in course/Total: 24 (of 30)

Rank in course/Men: 14 (of 15)

Best time in course: 17:39

Rank in category: 1(of 1)

Best time in the category: 32:49

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	23:41	7:10	1	-	14	11:20	3.30	23:41	7:10	1	-	14	11:20
Last lap Finish	1.70	9:08	5:22	1	-	10	3:50	5.00	32:49	6:33	1	-	14	15:10