



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Pytlik, Stefan

Club: Barsinghausen
Number: 323

Course: 9.70 km
10 km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 47:40

Speed: 11.33 km/h
Running performance: 4:55 min/km

Rank in course/Total: 22 (of 51)

Rank in course/Men: 18 (of 39)

Best time in course: 34:28

Rank in category: 5(of 8)

Best time in the category: 38:35

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.30	16:51	5:06	5	2:49	15	4:09	3.30	16:51	5:06	5	2:49	38	
Lap 2	1.70	9:56	5:50	5	1:55	20	2:59	5.00	26:47	5:21	5	4:44	38	
Lap 3	2.10	9:00	4:17	4	1:52	20	2:34	7.10	35:47	5:02	5	6:36	38	
Last lap Finish	2.60	11:53	4:34	5	2:29	19	3:30	9.70	47:40	4:54	5	9:05	18	13:12