



11. Deisterberglauf
Barsinghausen / 28.09.2014

Detailed evaluation

Tischendorf, Frank

Club: we run for fun
Number: 333

Course: 9.70 km
10 km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 47:53

Speed: 12.15 km/h
Running performance: 4:56 min/km

Rank in course/Total: 23 (of 51)

Rank in course/Men: 19 (of 39)

Best time in course: 34:28

Rank in category: 5(of 13)

Best time in the category: 42:28

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	17:38	5:20	6	2:30	21	4:56	3.30	17:38	5:20	5	2:30	39	
Lap 2	1.70	9:58	5:51	7	1:01	21	3:01	5.00	27:36	5:31	5	3:31	39	
Lap 3	2.10	8:44	4:09	5	0:50	15	2:18	7.10	36:20	5:07	5	4:21	39	
Last lap Finish	2.60	11:33	4:26	5	1:04	15	3:10	9.70	47:53	4:56	5	5:25	19	13:25