



11. Deisterberglauf
Barsinghausen / 28.09.2014

Detailed evaluation

Föhr, Jochen

Club: Enercity
Number: 348

Course: 9.70 km
10 km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 48:11

Speed: 12.08 km/h
Running performance: 4:58 min/km

Rank in course/Total: 24 (of 51)

Rank in course/Men: 21 (of 39)

Best time in course: 34:28

Rank in category: 7(of 13)

Best time in the category: 42:28

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	17:39	5:20	7	2:31	22	4:57	3.30	17:39	5:20	6	2:31	11		
Lap 2	1.70	10:07	5:57	8	1:10	23	3:10	5.00	27:46	5:33	6	3:41	11		
Lap 3	2.10	8:45	4:09	6	0:51	17	2:19	7.10	36:31	5:08	6	4:32	11		
Last lap Finish	2.60	11:40	4:29	6	1:11	16	3:17	9.70	48:11	4:58	6	5:43	20	13:43	