



11. Deisterberglauf
Barsinghausen / 28.09.2014

Detailed evaluation

Förster, Frank

Club: Hannover
Number: 308

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: 25 (of 51)

Rank in course/Men: 20 (of 39)

Best time in course: 34:28

Rank in category: 6(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.	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	5	2:21	17	4:47	3.30	17:29	5:17	7	2:21	2	
Lap 2	1.70	9:55	5:49	6	0:58	19	2:58	5.00	27:24	5:28	7	3:19	2	
Lap 3	2.10	8:46	4:10	7	0:52	18	2:20	7.10	36:10	5:05	7	4:11	2	
Last lap Finish	2.60	12:01	4:37	8	1:32	22	3:38	9.70	48:11	4:58	6	5:43	20	13:43