



# 11. Deisterberglauf

Barsinghausen / 28.09.2014

## Detailed evaluation

**Schulz, Stefan**

Club: Hannover Athletics  
Number: 330

Course: 9.70 km  
10 km-Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 49:34

Speed: 10.89 km/h  
Running performance: 5:07 min/km

Rank in course/Total: 27 (of 51)

Rank in course/Men: 22 (of 39)

Best time in course: 34:28

Rank in category: 8(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	17:52	5:24	8	2:44	23	5:10	3.30	17:52	5:24	8	2:44	3		
Lap 2	1.70	10:07	5:57	8	1:10	23	3:10	5.00	27:59	5:35	8	3:54	3		
Lap 3	2.10	9:18	4:25	8	1:24	22	2:52	7.10	37:17	5:15	8	5:18	3		
Last lap Finish	2.60	12:17	4:43	9	1:48	23	3:54	9.70	49:34	5:06	8	7:06	22	15:06	