



11. Deisterberglauf
Barsinghausen / 28.09.2014

Detailed evaluation

Jankowsky, Dirk

Club: SVE Hiddestorf
Number: 352

Course: 9.70 km
10 km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 51:38

Speed: 10.46 km/h
Running performance: 5:19 min/km

Rank in course/Total: 29 (of 51)

Rank in course/Men: 23 (of 39)

Best time in course: 34:28

Rank in category: 9(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	18:32	5:36	9	3:24	24	5:50	3.30	18:32	5:36	9	3:24	4	
Lap 2	1.70	9:49	5:46	5	0:52	17	2:52	5.00	28:21	5:40	9	4:16	4	
Lap 3	2.10	10:09	4:49	10	2:15	27	3:43	7.10	38:30	5:25	9	6:31	4	
Last lap Finish	2.60	13:08	5:03	10	2:39	27	4:45	9.70	51:38	5:19	9	9:10	23	17:10