



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Kaul, Alex

Club: Diakonie
Number: 316

Course: 9.70 km
10 km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 51:50

Speed: 10.42 km/h
Running performance: 5:20 min/km

Rank in course/Total: 30 (of 51)

Rank in course/Men: 24 (of 39)

Best time in course: 34:28

Rank in category: 2(of 4)

Best time in the category: 44:55

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	19:09	5:48	2	3:24	28	6:27	3.30	19:09	5:48	2	3:24	5		
Lap 2	1.70	10:45	6:19	2	1:01	26	3:48	5.00	29:54	5:58	2	4:25	5		
Lap 3	2.10	9:28	4:30	2	1:09	24	3:02	7.10	39:22	5:32	2	5:34	5		
Last lap Finish	2.60	12:28	4:47	2	1:21	24	4:05	9.70	51:50	5:20	2	6:55	24	17:22	