



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Ahrndt, Dirk

Club: JC Sakura Hannover
Number: 301

Course: 9.70 km
10 km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 52:00

Speed: 10.38 km/h
Running performance: 5:22 min/km

Rank in course/Total: 32 (of 51)

Rank in course/Men: 25 (of 39)

Best time in course: 34:28

Rank in category: 10(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	19:36	5:56	11	4:28	30	6:54	3.30	19:36	5:56	10	4:28	6	
Lap 2	1.70	11:00	6:28	10	2:03	28	4:03	5.00	30:36	6:07	10	6:31	6	
Lap 3	2.10	9:27	4:29	9	1:33	23	3:01	7.10	40:03	5:38	10	8:04	6	
Last lap Finish	2.60	11:57	4:35	7	1:28	21	3:34	9.70	52:00	5:21	10	9:32	25	17:32