



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Wegwerth, Roland

Club: Diakonie
Number: 335

Course: 9.70 km
10 km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 52:03

Speed: 10.37 km/h
Running performance: 5:22 min/km

Rank in course/Total: 33 (of 51)

Rank in course/Men: 26 (of 39)

Best time in course: 34:28

Rank in category: 6(of 8)

Best time in the category: 38:35

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	18:43	5:40	6	4:41	25	6:01	3.30	18:43	5:40	6	4:41	7		
Lap 2	1.70	10:54	6:24	7	2:53	27	3:57	5.00	29:37	5:55	6	7:34	7		
Lap 3	2.10	9:38	4:35	6	2:30	25	3:12	7.10	39:15	5:31	6	10:04	7		
Last lap Finish	2.60	12:48	4:55	6	3:24	25	4:25	9.70	52:03	5:21	6	13:28	26	17:35	