



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Schmitt, Oliver

Club: TSG 2001 Jeinsen
Number: 353

Course: 9.70 km
10 km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 52:18

Speed: 11.13 km/h
Running performance: 5:23 min/km

Rank in course/Total: 34 (of 51)

Rank in course/Men: 27 (of 39)

Best time in course: 34:28

Rank in category: 7(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.30	18:54	5:43	7	4:52	27	6:12	3.30	18:54	5:43	7	4:52	8	
Lap 2	1.70	10:41	6:17	6	2:40	25	3:44	5.00	29:35	5:54	7	7:32	8	
Lap 3	2.10	9:45	4:38	7	2:37	26	3:19	7.10	39:20	5:32	7	10:09	8	
Last lap Finish	2.60	12:58	4:59	7	3:34	26	4:35	9.70	52:18	5:23	7	13:43	27	17:50