



# 11. Deisterberglauf

Barsinghausen / 28.09.2014

## Detailed evaluation

**Bode, Sascha**

Club: Tennisverein Eldagsen  
Number: 356

Course: 9.70 km  
10 km-Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 53:57

Speed: 10.01 km/h  
Running performance: 5:34 min/km

Rank in course/Total: 36 (of 51)

Rank in course/Men: 28 (of 39)

Best time in course: 34:28

Rank in category: 11(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	18:46	5:41	10	3:38	26	6:04	3.30	18:46	5:41	11	3:38	9	
Lap 2	1.70	11:09	6:33	11	2:12	30	4:12	5.00	29:55	5:59	11	5:50	9	
Lap 3	2.10	10:31	5:00	11	2:37	30	4:05	7.10	40:26	5:41	11	8:27	9	
Last lap Finish	2.60	13:31	5:11	11	3:02	28	5:08	9.70	53:57	5:33	11	11:29	28	19:29