



# 11. Deisterberglauf

Barsinghausen / 28.09.2014

## Detailed evaluation

**gentzsch, Rene**

Club: Brsinghausen  
Number: 310

Course: 9.70 km  
10 km-Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 54:59

Speed: 10.59 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 38 (of 51)

Rank in course/Men: 29 (of 39)

Best time in course: 34:28

Rank in category: 3(of 4)

Best time in the category: 41:35

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	19:16	5:50	3	4:43	29	6:34	3.30	19:16	5:50	3	4:43	10	
Lap 2	1.70	11:03	6:30	3	2:25	29	4:06	5.00	30:19	6:03	3	7:08	10	
Lap 3	2.10	10:51	5:09	3	2:51	33	4:25	7.10	41:10	5:47	3	9:59	10	
Last lap Finish	2.60	13:49	5:18	3	3:25	30	5:26	9.70	54:59	5:40	3	13:24	29	20:31