



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Kramer, Peter

Club: Hannover
Number: 351

Course: 9.70 km
10 km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 56:48

Speed: 9.51 km/h
Running performance: 5:52 min/km

Rank in course/Total: 39 (of 51)

Rank in course/Men: 30 (of 39)

Best time in course: 34:28

Rank in category: 3(of 4)

Best time in the category: 44:55

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	19:43	5:58	3	3:58	31	7:01	3.30	19:43	5:58	3	3:58	1	-
Lap 2	1.70	12:11	7:10	3	2:27	31	5:14	5.00	31:54	6:22	3	6:25	1	-
Lap 3	2.10	11:22	5:24	4	3:03	37	4:56	7.10	43:16	6:05	3	9:28	1	-
Last lap Finish	2.60	13:32	5:12	3	2:25	29	5:09	9.70	56:48	5:51	3	11:53	30	22:20