



# 11. Deisterberglauf

Barsinghausen / 28.09.2014

## Detailed evaluation

**Gustorf, Torsten**

Club: CarUnion  
Number: 311

Course: 9.70 km  
10 km-Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 56:56

Speed: 9.48 km/h  
Running performance: 5:52 min/km

Rank in course/Total: 40 (of 51)

Rank in course/Men: 31 (of 39)

Best time in course: 34:28

Rank in category: 4(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	19:46	5:59	4	4:01	32	7:04	3.30	19:46	5:59	4	4:01	12	0:03
Lap 2	1.70	12:25	7:18	4	2:41	34	5:28	5.00	32:11	6:26	4	6:42	12	0:17
Lap 3	2.10	10:46	5:07	3	2:27	32	4:20	7.10	42:57	6:02	4	9:09	12	
Last lap Finish	2.60	13:59	5:22	4	2:52	31	5:36	9.70	56:56	5:52	4	12:01	31	22:28