



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Hünnebeck, Norbert

Club: Hannover
Number: 355

Course: 9.70 km
10 km-Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 57:21

Speed: 9.42 km/h
Running performance: 5:55 min/km

Rank in course/Total: 41 (of 51)

Rank in course/Men: 32 (of 39)

Best time in course: 34:28

Rank in category: 2(of 2)

Best time in the category: 47:00

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	20:07	6:05	2	3:15	33	7:25	3.30	20:07	6:05	2	3:15	13	0:24
Lap 2	1.70	12:26	7:18	2	2:58	35	5:29	5.00	32:33	6:30	2	6:13	13	0:39
Lap 3	2.10	10:16	4:53	2	1:29	29	3:50	7.10	42:49	6:01	2	7:42	13	
Last lap Finish	2.60	14:32	5:35	2	2:39	34	6:09	9.70	57:21	5:54	2	10:21	32	22:53