



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Schmiesing, Johannes

Club: Hannover
Number: 328

Course: 9.70 km
10 km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 58:13

Speed: 9.28 km/h
Running performance: 6:00 min/km

Rank in course/Total: 42 (of 51)

Rank in course/Men: 33 (of 39)

Best time in course: 34:28

Rank in category: 12(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	20:40	6:15	12	5:32	34	7:58	3.30	20:40	6:15	12	5:32	14	0:57
Lap 2	1.70	12:22	7:16	12	3:25	33	5:25	5.00	33:02	6:36	12	8:57	14	1:08
Lap 3	2.10	10:33	5:01	12	2:39	31	4:07	7.10	43:35	6:08	12	11:36	14	0:19
Last lap Finish	2.60	14:38	5:37	12	4:09	36	6:15	9.70	58:13	6:00	12	15:45	33	23:45