



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Jankowski, Christof

Club: Hannover 96
Number: 591

Course: 20.80 km
Halbmarathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:19:10

Speed: 15.76 km/h
Running performance: 3:49 min/km

Rank in course/Total: 2 (of 110)

Rank in course/Men: 2 (of 92)

Best time in course: 1:18:02

Rank in category: 2(of 14)

Best time in the category: 1:18:02

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	12:44	3:51	3	0:10	3	0:10	3.30	12:44	3:51	2	0:10	69	
Lap 2	1.70	7:07	4:11	2	0:01	2	0:01	5.00	19:51	3:58	2	0:11	69	
Lap 3	2.10	6:52	3:16	1	-	1	-	7.10	26:43	3:45	2	0:07	35	
Lap 4	4.95	20:12	4:04	3	0:02	3	0:02	12.05	46:55	3:53	2	0:09	63	
Lap 5	3.65	12:49	3:30	1	-	1	-	15.70	59:44	3:48	2	0:08	69	
Lap 6	1.40	4:32	3:14	2	0:14	2	0:14	17.10	1:04:16	3:45	2	0:22	68	
Last lap Finish	3.70	14:54	4:01	2	0:46	3	4:09	20.80	1:19:10	3:48	2	1:08	2	1:08