



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Schwarzbach, Dirk

Club: TSV Kirchdorf
Number: 583

Course: 20.80 km
Halbmarathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:20:05

Speed: 14.98 km/h
Running performance: 3:51 min/km

Rank in course/Total: 3 (of 110)

Rank in course/Men: 3 (of 92)

Best time in course: 1:18:02

Rank in category: 3(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	12:34	3:48	1	-	1	-	3.30	12:34	3:48	1	-	68	
Lap 2	1.70	7:07	4:11	2	0:01	2	0:01	5.00	19:41	3:56	3	0:01	68	
Lap 3	2.10	6:55	3:17	2	0:03	2	0:03	7.10	26:36	3:44	1	-	67	
Lap 4	4.95	20:11	4:04	2	0:01	2	0:01	12.05	46:47	3:52	3	0:01	62	
Lap 5	3.65	12:55	3:32	3	0:06	3	0:06	15.70	59:42	3:48	3	0:06	68	
Lap 6	1.40	4:47	3:25	3	0:29	3	0:29	17.10	1:04:29	3:46	3	0:35	67	
Last lap Finish	3.70	15:36	4:12	3	1:28	4	4:51	20.80	1:20:05	3:51	3	2:03	3	2:03