



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Lenfers, Ansgar

Club: Hannover
Number: 563

Course: 20.80 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:26:53

Speed: 13.81 km/h
Running performance: 4:11 min/km

Rank in course/Total: 4 (of 110)

Rank in course/Men: 4 (of 92)

Best time in course: 1:18:02

Rank in category: 1(of 16)

Best time in the category: 1:26:53

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	14:11	4:17	2	0:42	10	1:37	3.30	14:11	4:17	1	-	67		
Lap 2	1.70	7:56	4:40	2	0:08	6	0:50	5.00	22:07	4:25	1	-	67		
Lap 3	2.10	7:42	3:39	2	0:16	12	0:50	7.10	29:49	4:11	1	-	66		
Lap 4	4.95	21:56	4:25	1	-	4	1:46	12.05	51:45	4:17	1	-	61		
Lap 5	3.65	14:09	3:52	1	-	4	1:20	15.70	1:05:54	4:11	1	-	67		
Lap 6	1.40	5:05	3:37	1	-	4	0:47	17.10	1:10:59	4:09	1	-	66		
Last lap Finish	3.70	15:54	4:17	1	-	5	5:09	20.80	1:26:53	4:10	1	-	4	8:51	