



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Krell, Volker

Club: pingpank.de
Number: 501

Course: 20.80 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:27:44

Speed: 13.68 km/h
Running performance: 4:13 min/km

Rank in course/Total: 5 (of 110)

Rank in course/Men: 5 (of 92)

Best time in course: 1:18:02

Rank in category: 2(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	13:29	4:05	1	-	5	0:55	3.30	13:29	4:05	2		63	
Lap 2	1.70	7:48	4:35	1	-	4	0:42	5.00	21:17	4:15	2		66	
Lap 3	2.10	7:26	3:32	1	-	6	0:34	7.10	28:43	4:02	2		65	
Lap 4	4.95	22:22	4:31	2	0:26	6	2:12	12.05	51:05	4:14	15		81	
Lap 5	3.65	14:41	4:01	2	0:32	6	1:52	15.70	1:05:46	4:11	2		66	
Lap 6	1.40	5:19	3:47	2	0:14	7	1:01	17.10	1:11:05	4:09	2	0:06	65	
Last lap Finish	3.70	16:39	4:29	2	0:45	6	5:54	20.80	1:27:44	4:13	2	0:51	5	9:42