



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Radecker, Sebastian

Club: Braunschweig
Number: 541

Course: 20.80 km
Halbmarathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:28:08

Speed: 13.62 km/h
Running performance: 4:14 min/km

Rank in course/Total: 6 (of 110)

Rank in course/Men: 6 (of 92)

Best time in course: 1:18:02

Rank in category: 4(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	13:04	3:57	4	0:30	4	0:30	3.30	13:04	3:57	4	0:30	65	
Lap 2	1.70	7:53	4:38	4	0:47	5	0:47	5.00	20:57	4:11	4	1:17	65	
Lap 3	2.10	7:16	3:27	4	0:24	4	0:24	7.10	28:13	3:58	4	1:37	64	
Lap 4	4.95	22:58	4:38	5	2:48	10	2:48	12.05	51:11	4:14	13	4:25	82	
Lap 5	3.65	14:33	3:59	4	1:44	5	1:44	15.70	1:05:44	4:11	4	6:08	65	
Lap 6	1.40	5:14	3:44	4	0:56	6	0:56	17.10	1:10:58	4:09	4	7:04	64	
Last lap Finish	3.70	17:10	4:38	4	3:02	8	6:25	20.80	1:28:08	4:14	4	10:06	6	10:06