



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Markus, Kuhnau

Club: LHH-Hannover  
Number: 623

Course: 20.80 km  
Halbmarathon

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:28:53

Speed: 13.50 km/h  
Running performance: 4:16 min/km

Rank in course/Total: 7 (of 110)

Rank in course/Men: 7 (of 92)

Best time in course: 1:18:02

Rank in category: 1(of 5)

Best time in the category: 1:28:53

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	13:48	4:10	1	-	7	1:14	3.30	13:48	4:10	1	-	64	
Lap 2	1.70	8:13	4:50	1	-	9	1:07	5.00	22:01	4:24	1	-	64	
Lap 3	2.10	7:32	3:35	2	0:16	9	0:40	7.10	29:33	4:09	1	-	63	
Lap 4	4.95	22:16	4:29	1	-	5	2:06	12.05	51:49	4:18	1	-	60	
Lap 5	3.65	14:53	4:04	1	-	7	2:04	15.70	1:06:42	4:14	1	-	64	
Lap 6	1.40	5:10	3:41	1	-	5	0:52	17.10	1:11:52	4:12	1	-	63	
Last lap Finish	3.70	17:01	4:35	1	-	7	6:16	20.80	1:28:53	4:16	1	-	7	10:51