



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Marquard, Moritz

Club: Köln
Number: 543

Course: 20.80 km
Halbmarathon

Category:
Männer (20-29 Jahre)

Total time: 1:29:48

Speed: 13.36 km/h
Running performance: 4:19 min/km

Rank in course/Total: 8 (of 110)

Rank in course/Men: 8 (of 92)

Best time in course: 1:18:02

Rank in category: 1(of 14)

Best time in the category: 1:29:48

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	1	-	63	
Lap 2	1.70	8:11	4:48	1	-	8	1:05	5.00	21:40	4:20	1	-	63	
Lap 3	2.10	7:44	3:40	1	-	13	0:52	7.10	29:24	4:08	1	-	62	
Lap 4	4.95	22:36	4:33	1	-	9	2:26	12.05	52:00	4:18	14		83	
Lap 5	3.65	14:56	4:05	1	-	8	2:07	15.70	1:06:56	4:15	1	-	63	
Lap 6	1.40	5:22	3:50	1	-	9	1:04	17.10	1:12:18	4:13	1	-	62	
Last lap Finish	3.70	17:30	4:43	1	-	11	6:45	20.80	1:29:48	4:19	1	-	8	11:46