



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Bauersfeld, Norman

Club: Harzgebirgslauf 1978 e.V.
Number: 548

Course: 20.80 km
Halbmarathon

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:32:29

Speed: 12.98 km/h
Running performance: 4:27 min/km

Rank in course/Total: 10 (of 110)

Rank in course/Men: 10 (of 92)

Best time in course: 1:18:02

Rank in category: 2(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	15:26	4:40	3	1:38	17	2:52	3.30	15:26	4:40	2	1:38	61	
Lap 2	1.70	8:21	4:54	2	0:08	12	1:15	5.00	23:47	4:45	2	1:46	61	
Lap 3	2.10	7:40	3:39	3	0:24	10	0:48	7.10	31:27	4:25	2	1:54	60	
Lap 4	4.95	23:13	4:41	2	0:57	11	3:03	12.05	54:40	4:32	2	2:51	59	
Lap 5	3.65	15:07	4:08	2	0:14	10	2:18	15.70	1:09:47	4:26	2	3:05	61	
Lap 6	1.40	5:28	3:54	2	0:18	11	1:10	17.10	1:15:15	4:24	2	3:23	60	
Last lap Finish	3.70	17:14	4:39	2	0:13	9	6:29	20.80	1:32:29	4:26	2	3:36	10	14:27