



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Scheffler, Jens

Club: Bernauer Lauffreunde  
Number: 569

Course: 20.80 km  
Halbmarathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:32:44

Speed: 12.94 km/h  
Running performance: 4:28 min/km

Rank in course/Total: 11 (of 110)

Rank in course/Men: 11 (of 92)

Best time in course: 1:18:02

Rank in category: 3(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	14:34	4:24	3	1:05	13	2:00	3.30	14:34	4:24	3	0:23	60	
Lap 2	1.70	8:20	4:54	3	0:32	10	1:14	5.00	22:54	4:34	3	0:47	60	
Lap 3	2.10	8:00	3:48	3	0:34	16	1:08	7.10	30:54	4:21	3	1:05	59	
Lap 4	4.95	23:53	4:49	3	1:57	15	3:43	12.05	54:47	4:32	2	3:02	58	
Lap 5	3.65	15:21	4:12	3	1:12	13	2:32	15.70	1:10:08	4:28	3	4:14	60	
Lap 6	1.40	5:20	3:48	3	0:15	8	1:02	17.10	1:15:28	4:24	3	4:29	59	
Last lap Finish	3.70	17:16	4:39	3	1:22	10	6:31	20.80	1:32:44	4:27	3	5:51	11	14:42