



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 |