



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Schacht, Andreas

Club: Hannover 96
Number: 625

Course: 20.80 km
Halbmarathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:33:56

Speed: 12.78 km/h
Running performance: 4:31 min/km

Rank in course/Total: 12 (of 110)

Rank in course/Men: 12 (of 92)

Best time in course: 1:18:02

Rank in category: 1(of 18)

Best time in the category: 1:33:56

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	14:30	4:23	1	-	12	1:56	3.30	14:30	4:23	10	-	47	-
Lap 2	1.70	8:21	4:54	1	-	12	1:15	5.00	22:51	4:34	10	-	47	-
Lap 3	2.10	8:22	3:59	4	0:52	23	1:30	7.10	31:13	4:23	10	-	46	-
Lap 4	4.95	23:18	4:42	1	-	12	3:08	12.05	54:31	4:31	10	-	57	-
Lap 5	3.65	15:41	4:17	1	-	14	2:52	15.70	1:10:12	4:28	17	-	47	-
Lap 6	1.40	5:41	4:03	2	0:08	16	1:23	17.10	1:15:53	4:26	9	-	46	-
Last lap Finish	3.70	18:03	4:52	2	7:18	12	7:18	20.80	1:33:56	4:30	1	-	12	15:54