



# 10. Deisterberglauf

Barsinghausen / 15.09.2013

## Detailed evaluation

**Splett, Tristan**

Club: DJK Sparta Langenhagen  
Number: 557

Course: 20.80 km  
Halbmarathon

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:34:08

Speed: 12.75 km/h  
Running performance: 4:32 min/km

Rank in course/Total: 13 (of 110)

Rank in course/Men: 13 (of 92)

Best time in course: 1:18:02

Rank in category: 2(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	14:41	4:26	2	0:11	14	2:07	3.30	14:41	4:26	18		58	
Lap 2	1.70	8:34	5:02	2	0:13	15	1:28	5.00	23:15	4:39	18		58	
Lap 3	2.10	7:30	3:34	1	-	7	0:38	7.10	30:45	4:19	18		57	
Lap 4	4.95	23:49	4:48	2	0:31	13	3:39	12.05	54:34	4:31	16		47	
Lap 5	3.65	15:47	4:19	2	0:06	15	2:58	15.70	1:10:21	4:28	1	-	58	
Lap 6	1.40	5:33	3:57	1	-	14	1:15	17.10	1:15:54	4:26	17		57	
Last lap Finish	3.70	18:14	4:55	3	7:29	13	7:29	20.80	1:34:08	4:31	2	0:12	13	16:06