



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Reeh, Volker

Club: Elan Barsinghausen
Number: 572

Course: 20.80 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:36:54

Speed: 12.88 km/h
Running performance: 4:40 min/km

Rank in course/Total: 14 (of 110)

Rank in course/Men: 14 (of 92)

Best time in course: 1:18:02

Rank in category: 2(of 17)

Best time in the category: 1:31:28

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	14:23	4:21	2	0:20	11	1:49	3.30	14:23	4:21	17			57
Lap 2	1.70	8:20	4:54	2	0:24	10	1:14	5.00	22:43	4:32	17			57
Lap 3	2.10	7:31	3:34	1	-	8	0:39	7.10	30:14	4:15	17			56
Lap 4	4.95	24:03	4:51	2	1:41	16	3:53	12.05	54:17	4:30	15			85
Lap 5	3.65	15:11	4:09	2	0:05	11	2:22	15.70	1:09:28	4:25	17			57
Lap 6	1.40	5:24	3:51	1	-	10	1:06	17.10	1:14:52	4:22	17			56
Last lap Finish	3.70	22:02	5:57	11	3:13	51	11:17	20.80	1:36:54	4:39	2	5:26	14	18:52