



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Von Amberg, Patrick

Club: TUS Altwarmbüchen
Number: 616

Course: 20.80 km
Halbmarathon

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:37:06

Speed: 12.36 km/h
Running performance: 4:40 min/km

Rank in course/Total: 15 (of 110)

Rank in course/Men: 15 (of 92)

Best time in course: 1:18:02

Rank in category: 3(of 5)

Best time in the category: 1:28:53

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	14:09	4:17	2	0:21	9	1:35	3.30	14:09	4:17	3	0:21	56	
Lap 2	1.70	8:23	4:55	3	0:10	14	1:17	5.00	22:32	4:30	3	0:31	56	
Lap 3	2.10	7:16	3:27	1	-	4	0:24	7.10	29:48	4:11	3	0:15	55	
Lap 4	4.95	23:51	4:49	3	1:35	14	3:41	12.05	53:39	4:27	3	1:50	55	
Lap 5	3.65	15:20	4:12	3	0:27	12	2:31	15.70	1:08:59	4:23	3	2:17	56	
Lap 6	1.40	5:29	3:55	3	0:19	12	1:11	17.10	1:14:28	4:21	3	2:36	55	
Last lap Finish	3.70	22:38	6:07	5	5:37	59	11:53	20.80	1:37:06	4:40	3	8:13	15	19:04