



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Hirschberger, Torsten

Club: 100 Marathon Club
Number: 562

Course: 20.80 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:39:56

Speed: 12.49 km/h
Running performance: 4:48 min/km

Rank in course/Total: 17 (of 110)

Rank in course/Men: 16 (of 92)

Best time in course: 1:18:02

Rank in category: 4(of 16)

Best time in the category: 1:26:53

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	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	15:24	4:40	4	1:55	16	2:50	3.30	15:24	4:40	4	1:13	55	
Lap 2	1.70	8:58	5:16	4	1:10	18	1:52	5.00	24:22	4:52	4	2:15	55	
Lap 3	2.10	8:25	4:00	6	0:59	25	1:33	7.10	32:47	4:37	4	2:58	54	
Lap 4	4.95	25:43	5:11	4	3:47	20	5:33	12.05	58:30	4:51	3	6:45	54	
Lap 5	3.65	16:37	4:33	4	2:28	18	3:48	15.70	1:15:07	4:47	4	9:13	55	
Lap 6	1.40	5:56	4:14	5	0:51	18	1:38	17.10	1:21:03	4:44	4	10:04	54	
Last lap Finish	3.70	18:53	5:06	4	2:59	15	8:08	20.80	1:39:56	4:48	4	13:03	16	21:54