



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: 12.01 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 |