



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Malcowski, Peter

Club: Elan Barsinghausen
Number: 571

Course: 20.80 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:42:43

Speed: 11.68 km/h
Running performance: 4:56 min/km

Rank in course/Total: 18 (of 110)

Rank in course/Men: 17 (of 92)

Best time in course: 1:18:02

Rank in category: 3(of 17)

Best time in the category: 1:31:28

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			Men	Men								km
Lap 1	3.30	16:53	5:06	6	2:50	37	4:19	3.30	16:53	5:06	16		54	
Lap 2	1.70	9:18	5:28	4	1:22	27	2:12	5.00	26:11	5:14	16		54	
Lap 3	2.10	7:53	3:45	3	0:22	14	1:01	7.10	34:04	4:47	16		53	
Lap 4	4.95	26:39	5:23	4	4:17	25	6:29	12.05	1:00:43	5:02	13		53	
Lap 5	3.65	16:38	4:33	3	1:32	19	3:49	15.70	1:17:21	4:55	16		54	
Lap 6	1.40	5:52	4:11	3	0:28	17	1:34	17.10	1:23:13	4:51	16		53	
Last lap Finish	3.70	19:30	5:16	4	0:41	21	8:45	20.80	1:42:43	4:56	3	11:15	17	24:41