



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Krings, Stephan

Club: Hannover
Number: 589

Course: 20.80 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:43:00

Speed: 11.65 km/h
Running performance: 4:57 min/km

Rank in course/Total: 19 (of 110)

Rank in course/Men: 18 (of 92)

Best time in course: 1:18:02

Rank in category: 4(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	16:10	4:53	3	2:07	25	3:36	3.30	16:10	4:53	15		53	
Lap 2	1.70	9:06	5:21	3	1:10	20	2:00	5.00	25:16	5:03	15		53	
Lap 3	2.10	8:34	4:04	6	1:03	29	1:42	7.10	33:50	4:45	15		52	
Lap 4	4.95	26:40	5:23	5	4:18	26	6:30	12.05	1:00:30	5:01	12		51	
Lap 5	3.65	16:57	4:38	4	1:51	22	4:08	15.70	1:17:27	4:55	15		53	
Lap 6	1.40	6:09	4:23	5	0:45	26	1:51	17.10	1:23:36	4:53	15		52	
Last lap Finish	3.70	19:24	5:14	3	0:35	19	8:39	20.80	1:43:00	4:57	4	11:32	18	24:58