



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Laabs, Ingo

Club: TSV Barsinghausen
Number: 606

Course: 20.80 km
Halbmarathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:43:36

Speed: 11.58 km/h
Running performance: 4:59 min/km

Rank in course/Total: 22 (of 110)

Rank in course/Men: 19 (of 92)

Best time in course: 1:18:02

Rank in category: 5(of 14)

Best time in the category: 1:18:02

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	17:02	5:09	7	4:28	39	4:28	3.30	17:02	5:09	5	4:28	52	
Lap 2	1.70	9:23	5:31	6	2:17	30	2:17	5.00	26:25	5:16	5	6:45	52	
Lap 3	2.10	8:05	3:50	5	1:13	18	1:13	7.10	34:30	4:51	5	7:54	51	
Lap 4	4.95	26:33	5:21	7	6:23	24	6:23	12.05	1:01:03	5:03	14	14:17	91	
Lap 5	3.65	17:23	4:45	6	4:34	23	4:34	15.70	1:18:26	4:59	5	18:50	52	
Lap 6	1.40	5:57	4:15	5	1:39	19	1:39	17.10	1:24:23	4:56	5	20:29	51	
Last lap Finish	3.70	19:13	5:11	5	5:05	17	8:28	20.80	1:43:36	4:58	5	25:34	19	25:34