



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Gärtner, Michael

Club: TV Lohnde  
Number: 519

Course: 20.80 km  
Halbmarathon

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:43:41

Speed: 11.57 km/h  
Running performance: 4:59 min/km

Rank in course/Total: 23 (of 110)

Rank in course/Men: 20 (of 92)

Best time in course: 1:18:02

Rank in category: 5(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	16:16	4:55	4	2:13	27	3:42	3.30	16:16	4:55	14		51	
Lap 2	1.70	9:31	5:35	6	1:35	31	2:25	5.00	25:47	5:09	14		51	
Lap 3	2.10	8:33	4:04	5	1:02	28	1:41	7.10	34:20	4:50	14		50	
Lap 4	4.95	25:36	5:10	3	3:14	19	5:26	12.05	59:56	4:58	16		88	
Lap 5	3.65	17:27	4:46	5	2:21	25	4:38	15.70	1:17:23	4:55	14		51	
Lap 6	1.40	6:14	4:27	7	0:50	31	1:56	17.10	1:23:37	4:53	14		50	
Last lap Finish	3.70	20:04	5:25	5	1:15	25	9:19	20.80	1:43:41	4:59	5	12:13	20	25:39