



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Beine, Stefan

Club: TSV Kirchdorf
Number: 503

Course: 20.80 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:43:43

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

Rank in course/Total: 24 (of 110)

Rank in course/Men: 21 (of 92)

Best time in course: 1:18:02

Rank in category: 5(of 16)

Best time in the category: 1:26:53

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	15:49	4:47	6	2:20	22	3:15	3.30	15:49	4:47	5	1:38	50	
Lap 2	1.70	9:12	5:24	5	1:24	25	2:06	5.00	25:01	5:00	5	2:54	50	
Lap 3	2.10	8:23	3:59	5	0:57	24	1:31	7.10	33:24	4:42	5	3:35	49	
Lap 4	4.95	26:53	5:25	5	4:57	28	6:43	12.05	1:00:17	5:00	16	8:32	90	
Lap 5	3.65	17:25	4:46	5	3:16	24	4:36	15.70	1:17:42	4:56	5	11:48	50	
Lap 6	1.40	6:09	4:23	8	1:04	26	1:51	17.10	1:23:51	4:54	5	12:52	49	
Last lap Finish	3.70	19:52	5:22	6	3:58	24	9:07	20.80	1:43:43	4:59	5	16:50	21	25:41