



10. Deisterberglauf

Barsinghausen / 15.09.2013

Detailed evaluation

Moritz, Ernst Günther

Club: VSV Hohenbostel
Number: 507

Course: 20.80 km
Halbmarathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:43:49

Speed: 12.02 km/h
Running performance: 4:59 min/km

Rank in course/Total: 26 (of 110)

Rank in course/Men: 22 (of 92)

Best time in course: 1:18:02

Rank in category: 3(of 18)

Best time in the category: 1:33:56

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	15:04	4:33	3	0:34	15	2:30	3.30	15:04	4:33	17		49	
Lap 2	1.70	8:57	5:15	4	0:36	17	1:51	5.00	24:01	4:48	17		49	
Lap 3	2.10	8:01	3:49	3	0:31	17	1:09	7.10	32:02	4:30	17		48	
Lap 4	4.95	25:01	5:03	3	1:43	17	4:51	12.05	57:03	4:44	17		86	
Lap 5	3.65	16:41	4:34	4	1:00	20	3:52	15.70	1:13:44	4:41	16	3:23	49	
Lap 6	1.40	5:57	4:15	3	0:24	19	1:39	17.10	1:19:41	4:39	16		48	
Last lap Finish	3.70	24:08	6:31	12	13:23	68	13:23	20.80	1:43:49	4:59	3	9:53	22	25:47