



10. Deisterberglauf

Barsinghausen / 15.09.2013

Detailed evaluation

Bendiks, Andreas

Club: Burgdorf
Number: 578

Course: 20.80 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:44:05

Speed: 11.53 km/h
Running performance: 5:00 min/km

Rank in course/Total: 27 (of 110)

Rank in course/Men: 23 (of 92)

Best time in course: 1:18:02

Rank in category: 6(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	15:41	4:45	5	2:12	21	3:07	3.30	15:41	4:45	6	1:30	48	
Lap 2	1.70	9:22	5:30	6	1:34	29	2:16	5.00	25:03	5:00	6	2:56	48	
Lap 3	2.10	8:08	3:52	4	0:42	20	1:16	7.10	33:11	4:40	6	3:22	47	
Lap 4	4.95	27:19	5:31	7	5:23	34	7:09	12.05	1:00:30	5:01	4	8:45	51	
Lap 5	3.65	18:06	4:57	7	3:57	35	5:17	15.70	1:18:36	5:00	6	12:42	59	
Lap 6	1.40	6:04	4:19	6	0:59	22	1:46	17.10	1:24:40	4:57	6	13:41	58	
Last lap Finish	3.70	19:25	5:14	5	3:31	20	8:40	20.80	1:44:05	5:00	6	17:12	23	26:03