



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Jacobs, Markus

Club: TSV Barsinghausen
Number: 559

Course: 20.80 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:45:49

Speed: 11.34 km/h
Running performance: 5:05 min/km

Rank in course/Total: 28 (of 110)

Rank in course/Men: 24 (of 92)

Best time in course: 1:18:02

Rank in category: 6(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	16:50	5:06	5	2:47	35	4:16	3.30	16:50	5:06	13		59	
Lap 2	1.70	9:19	5:28	5	1:23	28	2:13	5.00	26:09	5:13	13		59	
Lap 3	2.10	8:10	3:53	4	0:39	21	1:18	7.10	34:19	4:50	13		90	
Lap 4	4.95	26:58	5:26	6	4:36	29	6:48	12.05	1:01:17	5:05	17		92	
Lap 5	3.65	17:33	4:48	7	2:27	27	4:44	15.70	1:18:50	5:01	13		81	
Lap 6	1.40	6:21	4:32	8	0:57	35	2:03	17.10	1:25:11	4:58	13		81	
Last lap Finish	3.70	20:38	5:34	7	1:49	30	9:53	20.80	1:45:49	5:05	6	14:21	24	27:47