



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Wende, Björn

Club: Calenberger Canoe Club  
Number: 628

Course: 20.80 km  
Halbmarathon

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:46:11

Speed: 11.30 km/h  
Running performance: 5:06 min/km

Rank in course/Total: 30 (of 110)

Rank in course/Men: 26 (of 92)

Best time in course: 1:18:02

Rank in category: 6(of 14)

Best time in the category: 1:18:02

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	16:15	4:55	6	3:41	26	3:41	3.30	16:15	4:55	6	3:41	91	
Lap 2	1.70	9:57	5:51	8	2:51	49	2:51	5.00	26:12	5:14	6	6:32	91	
Lap 3	2.10	8:21	3:58	6	1:29	22	1:29	7.10	34:33	4:51	6	7:57	89	
Lap 4	4.95	27:39	5:35	8	7:29	44	7:29	12.05	1:02:12	5:09	4	15:26	49	
Lap 5	3.65	18:00	4:55	7	5:11	33	5:11	15.70	1:20:12	5:06	6	20:36	90	
Lap 6	1.40	6:10	4:24	7	1:52	28	1:52	17.10	1:26:22	5:03	6	22:28	89	
Last lap Finish	3.70	19:49	5:21	6	5:41	23	9:04	20.80	1:46:11	5:06	6	28:09	26	28:09