



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Nikolaiczky, Andre

Club: Bad Münder/Rohrsen
Number: 605

Course: 20.80 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:46:20

Speed: 11.29 km/h
Running performance: 5:07 min/km

Rank in course/Total: 31 (of 110)

Rank in course/Men: 27 (of 92)

Best time in course: 1:18:02

Rank in category: 7(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	17:24	5:16	10	3:21	47	4:50	3.30	17:24	5:16	12	0:11	90	
Lap 2	1.70	9:44	5:43	9	1:48	38	2:38	5.00	27:08	5:25	12	0:12	90	
Lap 3	2.10	9:16	4:24	8	1:45	52	2:24	7.10	36:24	5:07	12	0:02	88	
Lap 4	4.95	27:14	5:30	7	4:52	32	7:04	12.05	1:03:38	5:16	11		48	
Lap 5	3.65	17:30	4:47	6	2:24	26	4:41	15.70	1:21:08	5:10	12		89	
Lap 6	1.40	6:06	4:21	4	0:42	24	1:48	17.10	1:27:14	5:06	12		88	
Last lap Finish	3.70	19:06	5:09	2	0:17	16	8:21	20.80	1:46:20	5:06	7	14:52	27	28:18