



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Busche, Dirk

Club: Pingpank.de  
Number: 540

Course: 20.80 km  
Halbmarathon

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:46:25

Speed: 11.73 km/h  
Running performance: 5:07 min/km

Rank in course/Total: 32 (of 110)

Rank in course/Men: 28 (of 92)

Best time in course: 1:18:02

Rank in category: 4(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	15:27	4:40	4	0:57	18	2:53	3.30	15:27	4:40	16		28	
Lap 2	1.70	8:52	5:12	3	0:31	16	1:46	5.00	24:19	4:51	16		89	
Lap 3	2.10	7:59	3:48	2	0:29	15	1:07	7.10	32:18	4:32	16		87	
Lap 4	4.95	25:44	5:11	4	2:26	21	5:34	12.05	58:02	4:48	18		87	
Lap 5	3.65	16:31	4:31	3	0:50	17	3:42	15.70	1:14:33	4:44	15	4:12	88	
Lap 6	1.40	5:58	4:15	4	0:25	21	1:40	17.10	1:20:31	4:42	15		87	
Last lap Finish	3.70	25:54	6:59	15	15:09	76	15:09	20.80	1:46:25	5:06	4	12:29	28	28:23