



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Feller, Michael

Club: Gehrden
Number: 508

Course: 20.80 km
Halbmarathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:46:46

Speed: 11.24 km/h
Running performance: 5:08 min/km

Rank in course/Total: 33 (of 110)

Rank in course/Men: 29 (of 92)

Best time in course: 1:18:02

Rank in category: 1(of 4)

Best time in the category: 1:46:46

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	16:09	4:53	1	-	23	3:35	3.30	16:09	4:53	1	-	81	
Lap 2	1.70	9:11	5:24	1	-	23	2:05	5.00	25:20	5:03	1	-	88	
Lap 3	2.10	8:28	4:01	1	-	26	1:36	7.10	33:48	4:45	1	-	86	
Lap 4	4.95	26:18	5:18	1	-	22	6:08	12.05	1:00:06	4:59	4		89	
Lap 5	3.65	17:34	4:48	1	-	28	4:45	15.70	1:17:40	4:56	1	-	87	
Lap 6	1.40	6:15	4:27	1	-	32	1:57	17.10	1:23:55	4:54	1	-	86	
Last lap Finish	3.70	22:51	6:10	1	-	61	12:06	20.80	1:46:46	5:07	1	-	29	28:44