



10. Deisterberglauf

Barsinghausen / 15.09.2013

Detailed evaluation

Lüpke, Michael

Club: Garbsen

Number: 542

Course: 20.80 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:47:13

Speed: 11.64 km/h

Running performance: 5:09 min/km

Rank in course/Total: 34 (of 110)

Rank in course/Men: 30 (of 92)

Best time in course: 1:18:02

Rank in category: 5(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	17:06	5:10	6	2:36	41	4:32	3.30	17:06	5:10	15		87	
Lap 2	1.70	9:40	5:41	5	1:19	34	2:34	5.00	26:46	5:21	15		87	
Lap 3	2.10	8:48	4:11	5	1:18	32	1:56	7.10	35:34	5:00	15		85	
Lap 4	4.95	27:28	5:32	6	4:10	40	7:18	12.05	1:03:02	5:13	15		74	
Lap 5	3.65	18:03	4:56	6	2:22	34	5:14	15.70	1:21:05	5:09	14	10:44	86	
Lap 6	1.40	6:22	4:32	6	0:49	37	2:04	17.10	1:27:27	5:06	14		85	
Last lap Finish	3.70	19:46	5:20	4	9:01	22	9:01	20.80	1:47:13	5:09	5	13:17	30	29:11