



10. Deisterberglauf

Barsinghausen / 15.09.2013

Detailed evaluation

Bach, Christoph

Club: pingpank.de

Number: 600

Course: 20.80 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:47:49

Speed: 11.58 km/h

Running performance: 5:11 min/km

Rank in course/Total: 35 (of 110)

Rank in course/Men: 31 (of 92)

Best time in course: 1:18:02

Rank in category: 7(of 16)

Best time in the category: 1:26:53

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	17:13	5:13	9	3:44	44	4:39	3.30	17:13	5:13	7	3:02	17	
Lap 2	1.70	9:44	5:43	7	1:56	38	2:38	5.00	26:57	5:23	7	4:50	86	
Lap 3	2.10	9:14	4:23	10	1:48	50	2:22	7.10	36:11	5:05	7	6:22	84	
Lap 4	4.95	27:19	5:31	7	5:23	34	7:09	12.05	1:03:30	5:16	5	11:45	78	
Lap 5	3.65	17:40	4:50	6	3:31	30	4:51	15.70	1:21:10	5:10	7	15:16	85	
Lap 6	1.40	6:08	4:22	7	1:03	25	1:50	17.10	1:27:18	5:06	7	16:19	84	
Last lap Finish	3.70	20:31	5:32	7	4:37	29	9:46	20.80	1:47:49	5:11	7	20:56	31	29:47