



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Ulbrich, Jens

Number: 621

Course: 20.80 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:47:57

Speed: 11.12 km/h
Running performance: 5:11 min/km

Rank in course/Total: 36 (of 110)

Rank in course/Men: 32 (of 92)

Best time in course: 1:18:02

Rank in category: 8(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	17:12	5:12	8	3:09	43	4:38	3.30	17:12	5:12	11			85
Lap 2	1.70	9:40	5:41	7	1:44	34	2:34	5.00	26:52	5:22	11			85
Lap 3	2.10	9:00	4:17	7	1:29	40	2:08	7.10	35:52	5:03	11			83
Lap 4	4.95	27:42	5:35	9	5:20	45	7:32	12.05	1:03:34	5:16	10			80
Lap 5	3.65	18:08	4:58	8	3:02	36	5:19	15.70	1:21:42	5:12	11			84
Lap 6	1.40	6:10	4:24	6	0:46	28	1:52	17.10	1:27:52	5:08	11			83
Last lap Finish	3.70	20:05	5:25	6	1:16	26	9:20	20.80	1:47:57	5:11	8	16:29	32	29:55