



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Rose, Joachim

Club: Pingpank.de  
Number: 537

Course: 20.80 km  
Halbmarathon

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:48:20

Speed: 11.08 km/h  
Running performance: 5:13 min/km

Rank in course/Total: 38 (of 110)

Rank in course/Men: 34 (of 92)

Best time in course: 1:18:02

Rank in category: 6(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	17:11	5:12	7	2:41	42	4:37	3.30	17:11	5:12	14		83	
Lap 2	1.70	9:45	5:44	7	1:24	40	2:39	5.00	26:56	5:23	14		79	
Lap 3	2.10	9:27	4:29	9	1:57	56	2:35	7.10	36:23	5:07	14		81	
Lap 4	4.95	26:58	5:26	5	3:40	29	6:48	12.05	1:03:21	5:15	14		77	
Lap 5	3.65	17:48	4:52	5	2:07	31	4:59	15.70	1:21:09	5:10	13	10:48	82	
Lap 6	1.40	6:13	4:26	5	0:40	30	1:55	17.10	1:27:22	5:06	13		69	
Last lap Finish	3.70	20:58	5:39	7	10:13	35	10:13	20.80	1:48:20	5:12	6	14:24	34	30:18