



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Ringe, Thomas

Club: Hannover
Number: 590

Course: 20.80 km
Halbmarathon

Category:
Männer (20-29 Jahre)

Total time: 1:48:39

Speed: 11.04 km/h
Running performance: 5:13 min/km

Rank in course/Total: 39 (of 110)

Rank in course/Men: 35 (of 92)

Best time in course: 1:18:02

Rank in category: 4(of 14)

Best time in the category: 1:29:48

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	17:03	5:10	8	3:34	40	4:29	3.30	17:03	5:10	4	3:34	70	
Lap 2	1.70	9:36	5:38	7	1:25	33	2:30	5.00	26:39	5:19	4	4:59	70	
Lap 3	2.10	9:14	4:23	9	1:30	50	2:22	7.10	35:53	5:03	4	6:29	80	
Lap 4	4.95	26:40	5:23	3	4:04	26	6:30	12.05	1:02:33	5:11	3		76	
Lap 5	3.65	18:15	5:00	5	3:19	38	5:26	15.70	1:20:48	5:08	4	13:52	70	
Lap 6	1.40	6:27	4:36	3	1:05	38	2:09	17.10	1:27:15	5:06	4	14:57	80	
Last lap Finish	3.70	21:24	5:47	4	3:54	39	10:39	20.80	1:48:39	5:13	4	18:51	35	30:37