



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Janus, Jonathan

Club: Hannover
Number: 558

Course: 20.80 km
Halbmarathon

Category:
Männer (20-29 Jahre)

Total time: 1:48:59

Speed: 11.01 km/h
Running performance: 5:14 min/km

Rank in course/Total: 40 (of 110)

Rank in course/Men: 36 (of 92)

Best time in course: 1:18:02

Rank in category: 5(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	16:09	4:53	3	2:40	23	3:35	3.30	16:09	4:53	5	2:40	81	
Lap 2	1.70	9:14	5:25	5	1:03	26	2:08	5.00	25:23	5:04	5	3:43	81	
Lap 3	2.10	9:11	4:22	7	1:27	45	2:19	7.10	34:34	4:52	5	5:10	79	
Lap 4	4.95	27:34	5:34	9	4:58	42	7:24	12.05	1:02:08	5:09	4		75	
Lap 5	3.65	18:42	5:07	9	3:46	42	5:53	15.70	1:20:50	5:08	5	13:54	75	
Lap 6	1.40	6:38	4:44	4	1:16	44	2:20	17.10	1:27:28	5:06	5	15:10	79	
Last lap Finish	3.70	21:31	5:48	5	4:01	42	10:46	20.80	1:48:59	5:14	5	19:11	36	30:57