



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Peschka, Michael

Club: TK Hannover
Number: 528

Course: 20.80 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:49:23

Speed: 10.97 km/h
Running performance: 5:16 min/km

Rank in course/Total: 41 (of 110)

Rank in course/Men: 37 (of 92)

Best time in course: 1:18:02

Rank in category: 8(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	16:28	4:59	7	2:59	30	3:54	3.30	16:28	4:59	8	2:17	80	
Lap 2	1.70	9:49	5:46	8	2:01	42	2:43	5.00	26:17	5:15	8	4:10	80	
Lap 3	2.10	9:05	4:19	8	1:39	42	2:13	7.10	35:22	4:58	8	5:33	78	
Lap 4	4.95	27:10	5:29	6	5:14	31	7:00	12.05	1:02:32	5:11	6	10:47	64	
Lap 5	3.65	19:00	5:12	9	4:51	48	6:11	15.70	1:21:32	5:11	8	15:38	79	
Lap 6	1.40	6:16	4:28	9	1:11	33	1:58	17.10	1:27:48	5:08	8	16:49	78	
Last lap Finish	3.70	21:35	5:49	11	5:41	44	10:50	20.80	1:49:23	5:15	8	22:30	37	31:21