



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Lutz, Rüdiger

Club: W98

Number: 567

Course: 20.80 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:49:35

Speed: 10.95 km/h

Running performance: 5:16 min/km

Rank in course/Total: 43 (of 110)

Rank in course/Men: 38 (of 92)

Best time in course: 1:18:02

Rank in category: 9(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	17:13	5:13	9	3:10	44	4:39	3.30	17:13	5:13	1	-	17	
Lap 2	1.70	9:43	5:42	8	1:47	37	2:37	5.00	26:56	5:23	1	-	79	
Lap 3	2.10	9:26	4:29	10	1:55	55	2:34	7.10	36:22	5:07	1	-	77	
Lap 4	4.95	27:19	5:31	8	4:57	34	7:09	12.05	1:03:41	5:17	1	-	73	
Lap 5	3.65	18:12	4:59	9	3:06	37	5:23	15.70	1:21:53	5:12	1	-	78	
Lap 6	1.40	6:30	4:38	9	1:06	39	2:12	17.10	1:28:23	5:10	1	-	77	
Last lap Finish	3.70	21:12	5:43	9	2:23	37	10:27	20.80	1:49:35	5:16	9	18:07	38	31:33