



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Sahling, Malte

Club: Hannover  
Number: 516

Course: 20.80 km  
Halbmarathon

Category:  
Männer (20-29 Jahre)

Total time: 1:49:52

Speed: 11.36 km/h  
Running performance: 5:17 min/km

Rank in course/Total: 45 (of 110)

Rank in course/Men: 39 (of 92)

Best time in course: 1:18:02

Rank in category: 6(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	16:38	5:02	5	3:09	31	4:04	3.30	16:38	5:02	6	3:09	78	
Lap 2	1.70	9:10	5:23	2	0:59	21	2:04	5.00	25:48	5:09	6	4:08	78	
Lap 3	2.10	8:57	4:15	4	1:13	38	2:05	7.10	34:45	4:53	6	5:21	74	
Lap 4	4.95	27:22	5:31	5	4:46	37	7:12	12.05	1:02:07	5:09	5		72	
Lap 5	3.65	18:41	5:07	8	3:45	41	5:52	15.70	1:20:48	5:08	4	13:52	70	
Lap 6	1.40	6:41	4:46	5	1:19	47	2:23	17.10	1:27:29	5:06	6	15:11	76	
Last lap Finish	3.70	22:23	6:02	9	4:53	57	11:38	20.80	1:49:52	5:16	6	20:04	39	31:50