



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: 10.92 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 |