



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Sahling, Tim

Club: Hamburg
Number: 560

Course: 20.80 km
Halbmarathon

Category:
Männer (20-29 Jahre)

Total time: 1:49:53

Speed: 10.92 km/h
Running performance: 5:17 min/km

Rank in course/Total: 47 (of 110)

Rank in course/Men: 40 (of 92)

Best time in course: 1:18:02

Rank in category: 7(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	16:39	5:02	6	3:10	32	4:05	3.30	16:39	5:02	7	3:10	76	
Lap 2	1.70	9:11	5:24	4	1:00	23	2:05	5.00	25:50	5:09	8	4:10	76	
Lap 3	2.10	8:55	4:14	3	1:11	37	2:03	7.10	34:45	4:53	6	5:21	74	
Lap 4	4.95	27:26	5:32	7	4:50	39	7:16	12.05	1:02:11	5:09	6		70	
Lap 5	3.65	18:39	5:06	6	3:43	39	5:50	15.70	1:20:50	5:08	5	13:54	75	
Lap 6	1.40	6:42	4:47	6	1:20	48	2:24	17.10	1:27:32	5:07	7	15:14	74	
Last lap Finish	3.70	22:21	6:02	7	4:51	55	11:36	20.80	1:49:53	5:16	7	20:05	40	31:51