



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Kaul, Frank

Club: Kenpokan
Number: 611

Course: 20.80 km
Halbmarathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:51:22

Speed: 10.78 km/h
Running performance: 5:21 min/km

Rank in course/Total: 50 (of 110)

Rank in course/Men: 42 (of 92)

Best time in course: 1:18:02

Rank in category: 7(of 18)

Best time in the category: 1:33:56

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	17:30	5:18	8	3:00	49	4:56	3.30	17:30	5:18	13		19	
Lap 2	1.70	9:40	5:41	5	1:19	34	2:34	5.00	27:10	5:26	13		75	
Lap 3	2.10	8:51	4:12	6	1:21	35	1:59	7.10	36:01	5:04	13		73	
Lap 4	4.95	27:42	5:35	8	4:24	45	7:32	12.05	1:03:43	5:17	13		69	
Lap 5	3.65	19:21	5:18	10	3:40	52	6:32	15.70	1:23:04	5:17	12	12:43	74	
Lap 6	1.40	6:49	4:52	10	1:16	54	2:31	17.10	1:29:53	5:15	12		72	
Last lap Finish	3.70	21:29	5:48	8	10:44	41	10:44	20.80	1:51:22	5:21	7	17:26	42	33:20