



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Busch, Torsten

Club: SVE Hiddestorf
Number: 631

Course: 20.80 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:51:35

Speed: 10.75 km/h
Running performance: 5:22 min/km

Rank in course/Total: 51 (of 110)

Rank in course/Men: 43 (of 92)

Best time in course: 1:18:02

Rank in category: 9(of 16)

Best time in the category: 1:26:53

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	16:52	5:06	8	3:23	36	4:18	3.30	16:52	5:06	9	2:41	74	
Lap 2	1.70	10:40	6:16	13	2:52	66	3:34	5.00	27:32	5:30	9	5:25	74	
Lap 3	2.10	8:45	4:09	7	1:19	31	1:53	7.10	36:17	5:06	9	6:28	72	
Lap 4	4.95	29:03	5:52	11	7:07	56	8:53	12.05	1:05:20	5:25	7	13:35	68	
Lap 5	3.65	19:00	5:12	9	4:51	48	6:11	15.70	1:24:20	5:22	9	18:26	73	
Lap 6	1.40	5:33	3:57	4	0:28	14	1:15	17.10	1:29:53	5:15	9	18:54	72	
Last lap Finish	3.70	21:42	5:51	12	5:48	45	10:57	20.80	1:51:35	5:21	9	24:42	43	33:33