



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Joppien, Niels

Club: Vegan Power
Number: 545

Course: 20.80 km
Halbmarathon

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:51:47

Speed: 10.74 km/h
Running performance: 5:22 min/km

Rank in course/Total: 52 (of 110)

Rank in course/Men: 44 (of 92)

Best time in course: 1:18:02

Rank in category: 4(of 5)

Best time in the category: 1:28:53

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 | 16:47 | 5:05 | 4 | 2:59 | 34 | 4:13 | 3.30 | 16:47 | 5:05 | 4 | 2:59 | 73 | |
| Lap 2 | 1.70 | 9:56 | 5:50 | 4 | 1:43 | 47 | 2:50 | 5.00 | 26:43 | 5:20 | 4 | 4:42 | 73 | |
| Lap 3 | 2.10 | 9:13 | 4:23 | 5 | 1:57 | 48 | 2:21 | 7.10 | 35:56 | 5:03 | 4 | 6:23 | 71 | |
| Lap 4 | 4.95 | 28:33 | 5:46 | 4 | 6:17 | 52 | 8:23 | 12.05 | 1:04:29 | 5:21 | 4 | 12:40 | 67 | |
| Lap 5 | 3.65 | 19:11 | 5:15 | 4 | 4:18 | 50 | 6:22 | 15.70 | 1:23:40 | 5:19 | 4 | 16:58 | 72 | |
| Lap 6 | 1.40 | 6:43 | 4:47 | 4 | 1:33 | 51 | 2:25 | 17.10 | 1:30:23 | 5:17 | 4 | 18:31 | 71 | |
| Last lap Finish | 3.70 | 21:24 | 5:47 | 3 | 4:23 | 39 | 10:39 | 20.80 | 1:51:47 | 5:22 | 4 | 22:54 | 44 | 33:45 |