



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Reeh, Gunther

Club: TSV Kirchdorf
Number: 535

Course: 20.80 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:52:18

Speed: 10.69 km/h
Running performance: 5:24 min/km

Rank in course/Total: 54 (of 110)

Rank in course/Men: 45 (of 92)

Best time in course: 1:18:02

Rank in category: 10(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	18:00	5:27	12	4:31	60	5:26	3.30	18:00	5:27	10	3:49	72	
Lap 2	1.70	10:21	6:05	12	2:33	59	3:15	5.00	28:21	5:40	10	6:14	72	
Lap 3	2.10	9:13	4:23	9	1:47	48	2:21	7.10	37:34	5:17	10	7:45	58	0:56
Lap 4	4.95	28:21	5:43	10	6:25	49	8:11	12.05	1:05:55	5:28	8	14:10	66	
Lap 5	3.65	18:54	5:10	8	4:45	44	6:05	15.70	1:24:49	5:24	10	18:55	71	
Lap 6	1.40	6:45	4:49	11	1:40	52	2:27	17.10	1:31:34	5:21	10	20:35	70	
Last lap Finish	3.70	20:44	5:36	8	4:50	31	9:59	20.80	1:52:18	5:23	10	25:25	45	34:16