



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

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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         | 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               | 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      |  |