



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Huke, Dirk

Club: Hannover
Number: 555

Course: 20.80 km
Halbmarathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:53:01

Speed: 11.04 km/h
Running performance: 5:26 min/km

Rank in course/Total: 55 (of 110)

Rank in course/Men: 46 (of 92)

Best time in course: 1:18:02

Rank in category: 8(of 18)

Best time in the category: 1:33:56

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	17:47	5:23	9	3:17	57	5:13	3.30	17:47	5:23	12		71	
Lap 2	1.70	9:52	5:48	9	1:31	44	2:46	5.00	27:39	5:31	12		20	
Lap 3	2.10	9:35	4:33	11	2:05	60	2:43	7.10	37:14	5:14	12		70	0:36
Lap 4	4.95	28:11	5:41	9	4:53	48	8:01	12.05	1:05:25	5:25	12		56	
Lap 5	3.65	18:58	5:11	8	3:17	46	6:09	15.70	1:24:23	5:22	11	14:02	48	
Lap 6	1.40	6:32	4:40	8	0:59	41	2:14	17.10	1:30:55	5:19	11		35	
Last lap Finish	3.70	22:06	5:58	9	11:21	52	11:21	20.80	1:53:01	5:26	8	19:05	46	34:59