



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Heinze, Uwe

Club: LT SC Bad Münden
Number: 610

Course: 20.80 km
Halbmarathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:53:27

Speed: 10.58 km/h
Running performance: 5:27 min/km

Rank in course/Total: 56 (of 110)

Rank in course/Men: 47 (of 92)

Best time in course: 1:18:02

Rank in category: 9(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	18:46	5:41	13	4:16	67	6:12	3.30	18:46	5:41	11	0:29	36	
Lap 2	1.70	10:22	6:05	10	2:01	60	3:16	5.00	29:08	5:49	11	0:17	36	
Lap 3	2.10	9:08	4:20	8	1:38	43	2:16	7.10	38:16	5:23	11		23	1:38
Lap 4	4.95	29:27	5:56	10	6:09	61	9:17	12.05	1:07:43	5:37	11		36	
Lap 5	3.65	18:44	5:07	7	3:03	43	5:55	15.70	1:26:27	5:30	10	16:06	36	0:31
Lap 6	1.40	6:31	4:39	7	0:58	40	2:13	17.10	1:32:58	5:26	10		23	
Last lap Finish	3.70	20:29	5:32	5	9:44	28	9:44	20.80	1:53:27	5:27	9	19:31	47	35:25