



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Reif, Arne

Club: Bremen
Number: 551

Course: 20.80 km
Halbmarathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:53:28

Speed: 11.00 km/h
Running performance: 5:28 min/km

Rank in course/Total: 57 (of 110)

Rank in course/Men: 48 (of 92)

Best time in course: 1:18:02

Rank in category: 7(of 14)

Best time in the category: 1:18:02

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	18:17	5:32	11	5:43	64	5:43	3.30	18:17	5:32	7	5:43	21	
Lap 2	1.70	10:34	6:12	11	3:28	63	3:28	5.00	28:51	5:46	7	9:11	21	
Lap 3	2.10	8:50	4:12	8	1:58	33	1:58	7.10	37:41	5:18	7	11:05	22	1:03
Lap 4	4.95	28:43	5:48	9	8:33	53	8:33	12.05	1:06:24	5:30	5	19:38	23	
Lap 5	3.65	19:26	5:19	9	6:37	56	6:37	15.70	1:25:50	5:28	7	26:14	22	
Lap 6	1.40	6:42	4:47	9	2:24	48	2:24	17.10	1:32:32	5:24	7	28:38	22	
Last lap Finish	3.70	20:56	5:39	7	6:48	34	10:11	20.80	1:53:28	5:27	7	35:26	48	35:26