



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Kuhl, Carsten

Club: SV Borussia Hannover
Number: 549

Course: 20.80 km
Halbmarathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:54:22

Speed: 10.91 km/h
Running performance: 5:30 min/km

Rank in course/Total: 59 (of 110)

Rank in course/Men: 50 (of 92)

Best time in course: 1:18:02

Rank in category: 10(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	18:17	5:32	12	3:47	64	5:43	3.30	18:17	5:32	1	-	21	
Lap 2	1.70	10:34	6:12	11	2:13	63	3:28	5.00	28:51	5:46	1	-	21	
Lap 3	2.10	9:28	4:30	10	1:58	57	2:36	7.10	38:19	5:23	1	-	20	1:41
Lap 4	4.95	29:34	5:58	11	6:16	63	9:24	12.05	1:07:53	5:38	1	-	21	
Lap 5	3.65	18:58	5:11	8	3:17	46	6:09	15.70	1:26:51	5:31	9	16:30	20	0:55
Lap 6	1.40	6:38	4:44	9	1:05	44	2:20	17.10	1:33:29	5:28	1	-	20	0:29
Last lap Finish	3.70	20:53	5:38	6	10:08	33	10:08	20.80	1:54:22	5:29	10	20:26	50	36:20