



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

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Club: Hannover
Number: 531

Course: 20.80 km
Halbmarathon

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:54:30

Speed: 10.48 km/h
Running performance: 5:30 min/km

Rank in course/Total: 60 (of 110)

Rank in course/Men: 51 (of 92)

Best time in course: 1:18:02

Rank in category: 5(of 5)

Best time in the category: 1:28:53

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	17:40	5:21	5	3:52	54	5:06	3.30	17:40	5:21	5	3:52	18	
Lap 2	1.70	9:59	5:52	5	1:46	51	2:53	5.00	27:39	5:31	5	5:38	20	
Lap 3	2.10	8:50	4:12	4	1:34	33	1:58	7.10	36:29	5:08	5	6:56	19	
Lap 4	4.95	29:45	6:00	5	7:29	67	9:35	12.05	1:06:14	5:29	5	14:25	20	
Lap 5	3.65	19:29	5:20	5	4:36	58	6:40	15.70	1:25:43	5:27	5	19:01	19	
Lap 6	1.40	6:47	4:50	5	1:37	53	2:29	17.10	1:32:30	5:24	5	20:38	19	
Last lap Finish	3.70	22:00	5:56	4	4:59	49	11:15	20.80	1:54:30	5:30	5	25:37	51	36:28