



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Kurz, Fabian

Club: Hannover
Number: 525

Course: 20.80 km
Halbmarathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:54:39

Speed: 10.89 km/h
Running performance: 5:31 min/km

Rank in course/Total: 61 (of 110)

Rank in course/Men: 52 (of 92)

Best time in course: 1:18:02

Rank in category: 8(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	17:30	5:18	8	4:56	49	4:56	3.30	17:30	5:18	8	4:56	19	
Lap 2	1.70	9:53	5:48	7	2:47	45	2:47	5.00	27:23	5:28	8	7:43	19	
Lap 3	2.10	9:28	4:30	10	2:36	57	2:36	7.10	36:51	5:11	8	10:15	16	0:13
Lap 4	4.95	28:43	5:48	9	8:33	53	8:33	12.05	1:05:34	5:26	6	18:48	19	
Lap 5	3.65	19:30	5:20	10	6:41	59	6:41	15.70	1:25:04	5:25	8	25:28	16	
Lap 6	1.40	7:00	5:00	11	2:42	60	2:42	17.10	1:32:04	5:23	8	28:10	16	
Last lap Finish	3.70	22:35	6:06	10	8:27	58	11:50	20.80	1:54:39	5:30	8	36:37	52	36:37