



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Tessmer, Holger

Club: TSV Barsinghausen
Number: 547

Course: 20.80 km
Halbmarathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:54:46

Speed: 10.46 km/h
Running performance: 5:31 min/km

Rank in course/Total: 62 (of 110)

Rank in course/Men: 53 (of 92)

Best time in course: 1:18:02

Rank in category: 9(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	17:40	5:21	10	5:06	54	5:06	3.30	17:40	5:21	9	5:06	18	
Lap 2	1.70	10:15	6:01	10	3:09	56	3:09	5.00	27:55	5:35	9	8:15	18	
Lap 3	2.10	9:08	4:20	9	2:16	43	2:16	7.10	37:03	5:13	9	10:27	17	0:25
Lap 4	4.95	28:55	5:50	11	8:45	55	8:45	12.05	1:05:58	5:28	7	19:12	18	
Lap 5	3.65	19:54	5:27	11	7:05	65	7:05	15.70	1:25:52	5:28	9	26:16	17	
Lap 6	1.40	6:53	4:55	10	2:35	56	2:35	17.10	1:32:45	5:25	9	28:51	17	
Last lap Finish	3.70	22:01	5:57	9	7:53	50	11:16	20.80	1:54:46	5:31	9	36:44	53	36:44