



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Henke, Thomas

Club: SVE Hiddestorf
Number: 595

Course: 20.80 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:54:51

Speed: 10.45 km/h
Running performance: 5:31 min/km

Rank in course/Total: 63 (of 110)

Rank in course/Men: 54 (of 92)

Best time in course: 1:18:02

Rank in category: 12(of 16)

Best time in the category: 1:26:53

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	17:13	5:13	9	3:44	44	4:39	3.30	17:13	5:13	7	3:02	17	
Lap 2	1.70	9:53	5:48	9	2:05	45	2:47	5.00	27:06	5:25	12	4:59	17	
Lap 3	2.10	9:45	4:38	12	2:19	61	2:53	7.10	36:51	5:11	12	7:02	16	0:13
Lap 4	4.95	28:09	5:41	9	6:13	47	7:59	12.05	1:05:00	5:23	10	13:15	17	
Lap 5	3.65	20:04	5:29	13	5:55	66	7:15	15.70	1:25:04	5:25	12	19:10	16	
Lap 6	1.40	7:00	5:00	13	1:55	60	2:42	17.10	1:32:04	5:23	12	21:05	16	
Last lap Finish	3.70	22:47	6:09	14	6:53	60	12:02	20.80	1:54:51	5:31	12	27:58	54	36:49