



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

**Wilke, Oliver**

Club: Barsinghausen  
Number: 550

Course: 20.80 km  
Halbmarathon

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:55:09

Speed: 10.42 km/h  
Running performance: 5:32 min/km

Rank in course/Total: 64 (of 110)

Rank in course/Men: 55 (of 92)

Best time in course: 1:18:02

Rank in category: 10(of 17)

Best time in the category: 1:31:28

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	16:59	5:08	7	2:56	38	4:25	3.30	16:59	5:08	9		16	
Lap 2	1.70	10:06	5:56	10	2:10	53	3:00	5.00	27:05	5:24	9	0:09	16	
Lap 3	2.10	9:33	4:32	11	2:02	59	2:41	7.10	36:38	5:09	9	0:16	1	-
Lap 4	4.95	28:28	5:45	10	6:06	51	8:18	12.05	1:05:06	5:24	9	1:25	16	
Lap 5	3.65	19:22	5:18	10	4:16	53	6:33	15.70	1:24:28	5:22	9	2:35	15	
Lap 6	1.40	7:03	5:02	13	1:39	62	2:45	17.10	1:31:31	5:21	9	3:08	15	
Last lap Finish	3.70	23:38	6:23	15	4:49	65	12:53	20.80	1:55:09	5:32	10	23:41	55	37:07