



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Fitzek, Florian

Club: Hannover
Number: 527

Course: 20.80 km
Halbmarathon

Category:
Männer (20-29 Jahre)

Total time: 1:55:24

Speed: 10.40 km/h
Running performance: 5:33 min/km

Rank in course/Total: 65 (of 110)

Rank in course/Men: 56 (of 92)

Best time in course: 1:18:02

Rank in category: 9(of 14)

Best time in the category: 1:29:48

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	17:48	5:23	10	4:19	58	5:14	3.30	17:48	5:23	9	4:19	6	
Lap 2	1.70	10:41	6:17	10	2:30	67	3:35	5.00	28:29	5:41	9	6:49	15	
Lap 3	2.10	9:53	4:42	10	2:09	62	3:01	7.10	38:22	5:24	9	8:58	14	1:44
Lap 4	4.95	28:22	5:43	10	5:46	50	8:12	12.05	1:06:44	5:32	8	3:56	15	
Lap 5	3.65	19:46	5:24	10	4:50	63	6:57	15.70	1:26:30	5:30	9	19:34	14	0:34
Lap 6	1.40	6:58	4:58	8	1:36	58	2:40	17.10	1:33:28	5:27	9	21:10	14	0:28
Last lap Finish	3.70	21:56	5:55	6	4:26	48	11:11	20.80	1:55:24	5:32	9	25:36	56	37:22