



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

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Club: TSV Barsinghausen/Triathlon  
Number: 530

Course: 20.80 km  
Halbmarathon

Category:  
Senioren M60 (60-64 Jahre)

Total time: 1:56:12

Speed: 10.74 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 66 (of 110)

Rank in course/Men: 57 (of 92)

Best time in course: 1:18:02

Rank in category: 1(of 2)

Best time in the category: 1:56:12

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	17:43	5:22	2	0:05	56	5:09	3.30	17:43	5:22	1	-	14	
Lap 2	1.70	10:16	6:02	2	0:13	57	3:10	5.00	27:59	5:35	1	-	14	
Lap 3	2.10	8:39	4:07	1	-	30	1:47	7.10	36:38	5:09	1	-	1	-
Lap 4	4.95	29:43	6:00	2	0:03	66	9:33	12.05	1:06:21	5:30	1	-	14	
Lap 5	3.65	19:35	5:21	1	-	60	6:46	15.70	1:25:56	5:28	1	-	1	-
Lap 6	1.40	7:04	5:02	1	-	63	2:46	17.10	1:33:00	5:26	1	-	1	-
Last lap Finish	3.70	23:12	6:16	1	-	64	12:27	20.80	1:56:12	5:35	1	-	57	38:10