



10. Deisterberglauf

Barsinghausen / 15.09.2013

Detailed evaluation

Liedtke, Dirk

Club: Walsrode
Number: 596

Course: 20.80 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:56:47

Speed: 10.28 km/h
Running performance: 5:37 min/km

Rank in course/Total: 67 (of 110)

Rank in course/Men: 58 (of 92)

Best time in course: 1:18:02

Rank in category: 13(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	19:12	5:49	13	5:43	70	6:38	3.30	19:12	5:49	13	5:01	1	-
Lap 2	1.70	10:12	6:00	11	2:24	55	3:06	5.00	29:24	5:52	13	7:17	1	-
Lap 3	2.10	10:04	4:47	13	2:38	64	3:12	7.10	39:28	5:33	13	9:39	12	2:50
Lap 4	4.95	29:07	5:52	13	7:11	58	8:57	12.05	1:08:35	5:41	11	16:50	1	-
Lap 5	3.65	19:27	5:19	12	5:18	57	6:38	15.70	1:28:02	5:36	13	22:08	12	2:06
Lap 6	1.40	7:11	5:07	14	2:06	65	2:53	17.10	1:35:13	5:34	13	24:14	12	2:13
Last lap Finish	3.70	21:34	5:49	10	5:40	43	10:49	20.80	1:56:47	5:36	13	29:54	58	38:45