



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 |