



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Wollenschläger, Markus

Club: SV Altenhagen I
Number: 575

Course: 20.80 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:57:17

Speed: 10.23 km/h
Running performance: 5:38 min/km

Rank in course/Total: 68 (of 110)

Rank in course/Men: 59 (of 92)

Best time in course: 1:18:02

Rank in category: 11(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	19:23	5:52	15	5:20	73	6:49	3.30	19:23	5:52	8	2:10	12	0:11
Lap 2	1.70	10:29	6:09	12	2:33	61	3:23	5.00	29:52	5:58	8	2:56	12	0:28
Lap 3	2.10	10:16	4:53	14	2:45	68	3:24	7.10	40:08	5:39	8	3:46	11	3:30
Lap 4	4.95	29:26	5:56	11	7:04	60	9:16	12.05	1:09:34	5:46	8	5:53	12	0:59
Lap 5	3.65	19:22	5:18	10	4:16	53	6:33	15.70	1:28:56	5:39	8	7:03	11	3:00
Lap 6	1.40	6:32	4:40	10	1:08	41	2:14	17.10	1:35:28	5:34	8	7:05	11	2:28
Last lap Finish	3.70	21:49	5:53	10	3:00	47	11:04	20.80	1:57:17	5:38	11	25:49	59	39:15