



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Tielemann, Jens

Club: Lauftreff-Hannover.de
Number: 592

Course: 20.80 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:57:39

Speed: 10.61 km/h
Running performance: 5:40 min/km

Rank in course/Total: 69 (of 110)

Rank in course/Men: 60 (of 92)

Best time in course: 1:18:02

Rank in category: 12(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	18:01	5:27	11	3:58	61	5:27	3.30	18:01	5:27	7	0:48	11	
Lap 2	1.70	10:35	6:13	14	2:39	65	3:29	5.00	28:36	5:43	7	1:40	11	
Lap 3	2.10	9:22	4:27	9	1:51	54	2:30	7.10	37:58	5:20	7	1:36	10	1:20
Lap 4	4.95	30:34	6:10	14	8:12	70	10:24	12.05	1:08:32	5:41	7	4:51	11	
Lap 5	3.65	19:23	5:18	12	4:17	55	6:34	15.70	1:27:55	5:35	7	6:02	10	1:59
Lap 6	1.40	6:50	4:52	12	1:26	55	2:32	17.10	1:34:45	5:32	7	6:22	10	1:45
Last lap Finish	3.70	22:54	6:11	13	4:05	62	12:09	20.80	1:57:39	5:39	12	26:11	60	39:37