



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Winkler, Christoph

Club: Hannover  
Number: 594

Course: 20.80 km  
Halbmarathon

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:57:46

Speed: 10.19 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 70 (of 110)

Rank in course/Men: 61 (of 92)

Best time in course: 1:18:02

Rank in category: 10(of 14)

Best time in the category: 1:18:02

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	19:18	5:50	12	6:44	71	6:44	3.30	19:18	5:50	10	6:44	10	0:06
Lap 2	1.70	11:08	6:32	12	4:02	71	4:02	5.00	30:26	6:05	10	10:46	10	1:02
Lap 3	2.10	10:22	4:56	11	3:30	70	3:30	7.10	40:48	5:44	10	14:12	9	4:10
Lap 4	4.95	30:21	6:07	12	10:11	68	10:11	12.05	1:11:09	5:54	8	24:23	10	2:34
Lap 5	3.65	18:57	5:11	8	6:08	45	6:08	15.70	1:30:06	5:44	10	30:30	9	4:10
Lap 6	1.40	6:21	4:32	8	2:03	35	2:03	17.10	1:36:27	5:38	10	32:33	9	3:27
Last lap Finish	3.70	21:19	5:45	8	7:11	38	10:34	20.80	1:57:46	5:39	10	39:44	61	39:44