



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

**Pfadler, Matthias**

Club: ohne  
Number: 552

Course: 20.80 km  
Halbmarathon

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:58:44

Speed: 10.11 km/h  
Running performance: 5:43 min/km

Rank in course/Total: 71 (of 110)

Rank in course/Men: 62 (of 92)

Best time in course: 1:18:02

Rank in category: 13(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	18:28	5:35	12	4:25	66	5:54	3.30	18:28	5:35	6	1:15	9	
Lap 2	1.70	10:29	6:09	12	2:33	61	3:23	5.00	28:57	5:47	6	2:01	9	
Lap 3	2.10	10:08	4:49	12	2:37	66	3:16	7.10	39:05	5:30	6	2:43	8	2:27
Lap 4	4.95	29:29	5:57	12	7:07	62	9:19	12.05	1:08:34	5:41	6	4:53	9	
Lap 5	3.65	19:44	5:24	13	4:38	62	6:55	15.70	1:28:18	5:37	6	6:25	8	2:22
Lap 6	1.40	7:23	5:16	15	1:59	68	3:05	17.10	1:35:41	5:35	6	7:18	8	2:41
Last lap Finish	3.70	23:03	6:13	14	4:14	63	12:18	20.80	1:58:44	5:42	13	27:16	62	40:42