



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Möller, Udo

Club: Hannover 96
Number: 568

Course: 20.80 km
Halbmarathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:59:05

Speed: 10.08 km/h
Running performance: 5:44 min/km

Rank in course/Total: 72 (of 110)

Rank in course/Men: 63 (of 92)

Best time in course: 1:18:02

Rank in category: 11(of 18)

Best time in the category: 1:33:56

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	18:14	5:31	10	3:44	62	5:40	3.30	18:14	5:31	9		8	
Lap 2	1.70	11:21	6:40	13	3:00	74	4:15	5.00	29:35	5:54	9	0:44	8	0:11
Lap 3	2.10	10:05	4:48	12	2:35	65	3:13	7.10	39:40	5:35	9	1:21	6	3:02
Lap 4	4.95	30:33	6:10	12	7:15	69	10:23	12.05	1:10:13	5:49	9	2:20	8	1:38
Lap 5	3.65	19:39	5:23	11	3:58	61	6:50	15.70	1:29:52	5:43	8	19:31	7	3:56
Lap 6	1.40	6:57	4:57	11	1:24	57	2:39	17.10	1:36:49	5:39	8	3:20	7	3:49
Last lap Finish	3.70	22:16	6:01	10	11:31	54	11:31	20.80	1:59:05	5:43	11	25:09	63	41:03