



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Kundrus, Martin

Club: Radland  
Number: 633

Course: 20.80 km  
Halbmarathon

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:59:13

Speed: 10.07 km/h  
Running performance: 5:44 min/km

Rank in course/Total: 73 (of 110)

Rank in course/Men: 64 (of 92)

Best time in course: 1:18:02

Rank in category: 14(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	18:52	5:43	14	4:49	69	6:18	3.30	18:52	5:43	5	1:39	7	
Lap 2	1.70	10:20	6:04	11	2:24	58	3:14	5.00	29:12	5:50	5	2:16	7	
Lap 3	2.10	10:28	4:59	15	2:57	71	3:36	7.10	39:40	5:35	5	3:18	6	3:02
Lap 4	4.95	29:39	5:59	13	7:17	64	9:29	12.05	1:09:19	5:45	5	5:38	7	0:44
Lap 5	3.65	20:24	5:35	15	5:18	67	7:35	15.70	1:29:43	5:42	5	7:50	6	3:47
Lap 6	1.40	7:15	5:10	14	1:51	66	2:57	17.10	1:36:58	5:40	5	8:35	6	3:58
Last lap Finish	3.70	22:15	6:00	12	3:26	53	11:30	20.80	1:59:13	5:43	14	27:45	64	41:11