



10. Deisterberglauf

Barsinghausen / 15.09.2013

Detailed evaluation

Anders, Fabian

Club: Hannover

Number: 529

Course: 20.80 km

Halbmarathon

Category:

Männer (20-29 Jahre)

Total time: 2:00:17

Speed: 10.38 km/h

Running performance: 5:47 min/km

Rank in course/Total: 75 (of 110)

Rank in course/Men: 65 (of 92)

Best time in course: 1:18:02

Rank in category: 10(of 14)

Best time in the category: 1:29:48

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	17:48	5:23	10	4:19	58	5:14	3.30	17:48	5:23	9	4:19	6	
Lap 2	1.70	10:42	6:17	11	2:31	68	3:36	5.00	28:30	5:42	10	6:50	6	
Lap 3	2.10	9:56	4:43	11	2:12	63	3:04	7.10	38:26	5:24	10	9:02	5	1:48
Lap 4	4.95	29:08	5:53	11	6:32	59	8:58	12.05	1:07:34	5:36	9	4:46	6	
Lap 5	3.65	21:28	5:52	11	6:32	70	8:39	15.70	1:29:02	5:40	10	22:06	5	3:06
Lap 6	1.40	7:37	5:26	9	2:15	71	3:19	17.10	1:36:39	5:39	10	24:21	5	3:39
Last lap Finish	3.70	23:38	6:23	10	6:08	65	12:53	20.80	2:00:17	5:46	10	30:29	65	42:15