



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Jankowsky, Dirk

Club: SVE Hiddestorf
Number: 588

Course: 20.80 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:01:05

Speed: 10.31 km/h
Running performance: 5:49 min/km

Rank in course/Total: 76 (of 110)

Rank in course/Men: 66 (of 92)

Best time in course: 1:18:02

Rank in category: 15(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	21:23	6:28	17	7:20	85	8:49	3.30	21:23	6:28	4	4:10	5	2:11
Lap 2	1.70	11:04	6:30	15	3:08	70	3:58	5.00	32:27	6:29	4	5:31	5	3:03
Lap 3	2.10	10:35	5:02	16	3:04	73	3:43	7.10	43:02	6:03	4	6:40	4	6:24
Lap 4	4.95	30:55	6:14	15	8:33	71	10:45	12.05	1:13:57	6:08	4	10:16	5	5:22
Lap 5	3.65	19:48	5:25	14	4:42	64	6:59	15.70	1:33:45	5:58	4	11:52	4	7:49
Lap 6	1.40	6:36	4:42	11	1:12	43	2:18	17.10	1:40:21	5:52	4	11:58	4	7:21
Last lap Finish	3.70	20:44	5:36	8	1:55	31	9:59	20.80	2:01:05	5:49	15	29:37	66	43:03