



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Bolton, Neil

Club: BRHA LAD
Number: 614

Course: 20.80 km
Halbmarathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:03:43

Speed: 9.70 km/h
Running performance: 5:57 min/km

Rank in course/Total: 78 (of 110)

Rank in course/Men: 67 (of 92)

Best time in course: 1:18:02

Rank in category: 11(of 14)

Best time in the category: 1:18:02

| 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 | 17:39 | 5:20 | 9 | 5:05 | 53 | 5:05 | 3.30 | 17:39 | 5:20 | 11 | 5:05 | 4 | |
| Lap 2 | 1.70 | 10:06 | 5:56 | 9 | 3:00 | 53 | 3:00 | 5.00 | 27:45 | 5:32 | 11 | 8:05 | 4 | |
| Lap 3 | 2.10 | 17:02 | 8:06 | 14 | 10:10 | 92 | 10:10 | 7.10 | 44:47 | 6:18 | 11 | 18:11 | 3 | 8:09 |
| Lap 4 | 4.95 | 22:29 | 4:32 | 4 | 2:19 | 8 | 2:19 | 12.05 | 1:07:16 | 5:34 | 9 | 20:30 | 4 | |
| Lap 5 | 3.65 | 22:01 | 6:01 | 12 | 9:12 | 75 | 9:12 | 15.70 | 1:29:17 | 5:41 | 11 | 29:41 | 3 | 3:21 |
| Lap 6 | 1.40 | 9:32 | 6:48 | 14 | 5:14 | 85 | 5:14 | 17.10 | 1:38:49 | 5:46 | 11 | 34:55 | 3 | 5:49 |
| Last lap Finish | 3.70 | 24:54 | 6:43 | 11 | 10:46 | 69 | 14:09 | 20.80 | 2:03:43 | 5:56 | 11 | 45:41 | 67 | 45:41 |