



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Paetz, Jens-Olaf

Club: pingpank.de
Number: 533

Course: 20.80 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:05:01

Speed: 9.60 km/h
Running performance: 6:01 min/km

Rank in course/Total: 81 (of 110)

Rank in course/Men: 69 (of 92)

Best time in course: 1:18:02

Rank in category: 14(of 16)

Best time in the category: 1:26:53

| 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 | 21:44 | 6:35 | 16 | 8:15 | 88 | 9:10 | 3.30 | 21:44 | 6:35 | 14 | 7:33 | 2 | 2:32 |
| Lap 2 | 1.70 | 11:46 | 6:55 | 14 | 3:58 | 81 | 4:40 | 5.00 | 33:30 | 6:42 | 14 | 11:23 | 2 | 4:06 |
| Lap 3 | 2.10 | 11:04 | 5:16 | 14 | 3:38 | 78 | 4:12 | 7.10 | 44:34 | 6:16 | 14 | 14:45 | 13 | 7:56 |
| Lap 4 | 4.95 | 30:59 | 6:15 | 14 | 9:03 | 73 | 10:49 | 12.05 | 1:15:33 | 6:16 | 12 | 23:48 | 2 | 6:58 |
| Lap 5 | 3.65 | 21:45 | 5:57 | 14 | 7:36 | 73 | 8:56 | 15.70 | 1:37:18 | 6:11 | 14 | 31:24 | 13 | 11:22 |
| Lap 6 | 1.40 | 6:39 | 4:45 | 10 | 1:34 | 46 | 2:21 | 17.10 | 1:43:57 | 6:04 | 14 | 32:58 | 13 | 10:57 |
| Last lap Finish | 3.70 | 21:04 | 5:41 | 9 | 5:10 | 36 | 10:19 | 20.80 | 2:05:01 | 6:00 | 14 | 38:08 | 69 | 46:59 |