



10. Deisterberglauf

Barsinghausen / 15.09.2013

Detailed evaluation

Beck, Reiner

Club: Post SV Lehrte
Number: 565

Course: 20.80 km
Halbmarathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:06:39

Speed: 9.47 km/h
Running performance: 6:05 min/km

Rank in course/Total: 82 (of 110)

Rank in course/Men: 70 (of 92)

Best time in course: 1:18:02

Rank in category: 12(of 18)

Best time in the category: 1:33:56

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	19:44	5:58	14	5:14	74	7:10	3.30	19:44	5:58	8	1:27	13	0:32
Lap 2	1.70	11:34	6:48	15	3:13	78	4:28	5.00	31:18	6:15	4	2:27	13	1:54
Lap 3	2.10	10:40	5:04	15	3:10	76	3:48	7.10	41:58	5:54	8	3:39	45	5:20
Lap 4	4.95	32:37	6:35	13	9:19	77	12:27	12.05	1:14:35	6:11	8	6:42	13	6:00
Lap 5	3.65	21:10	5:47	12	5:29	68	8:21	15.70	1:35:45	6:05	7	25:24	46	9:49
Lap 6	1.40	7:10	5:07	12	1:37	64	2:52	17.10	1:42:55	6:01	7	9:26	45	9:55
Last lap Finish	3.70	23:44	6:24	11	12:59	67	12:59	20.80	2:06:39	6:05	12	32:43	70	48:37