



10. Deisterberglauf

Barsinghausen / 15.09.2013

Detailed evaluation

Jähner, Jürgen

Club: Tango an der Leine
Number: 518

Course: 20.80 km
Halbmarathon

Category:
Senioren M65 (65-69 Jahre)

Total time: 2:08:39

Speed: 9.33 km/h
Running performance: 6:11 min/km

Rank in course/Total: 84 (of 110)

Rank in course/Men: 71 (of 92)

Best time in course: 1:18:02

Rank in category: 1(of 2)

Best time in the category: 2:08:39

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	19:18	5:50	1	-	71	6:44	3.30	19:18	5:50	1	-	10	0:06
Lap 2	1.70	11:09	6:33	1	-	72	4:03	5.00	30:27	6:05	1	-	46	1:03
Lap 3	2.10	10:21	4:55	1	-	69	3:29	7.10	40:48	5:44	1	-	9	4:10
Lap 4	4.95	32:20	6:31	1	-	74	12:10	12.05	1:13:08	6:04	1	-	46	4:33
Lap 5	3.65	21:19	5:50	1	-	69	8:30	15.70	1:34:27	6:00	1	-	45	8:31
Lap 6	1.40	7:33	5:23	1	-	70	3:15	17.10	1:42:00	5:57	1	-	44	9:00
Last lap Finish	3.70	26:39	7:12	2	1:05	80	15:54	20.80	2:08:39	6:11	1	-	71	50:37