



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Rasche, Peter

Club: VHV Versicherungen
Number: 624

Course: 20.80 km
Halbmarathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:09:20

Speed: 9.28 km/h
Running performance: 6:13 min/km

Rank in course/Total: 86 (of 110)

Rank in course/Men: 72 (of 92)

Best time in course: 1:18:02

Rank in category: 2(of 4)

Best time in the category: 1:46:46

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	20:44	6:16	3	4:35	81	8:10	3.30	20:44	6:16	2	4:35	45	1:32
Lap 2	1.70	11:33	6:47	3	2:22	76	4:27	5.00	32:17	6:27	2	6:57	45	2:53
Lap 3	2.10	11:05	5:16	3	2:37	80	4:13	7.10	43:22	6:06	2	9:34	43	6:44
Lap 4	4.95	30:56	6:14	2	4:38	72	10:46	12.05	1:14:18	6:09	1	-	45	5:43
Lap 5	3.65	22:10	6:04	2	4:36	76	9:21	15.70	1:36:28	6:08	2	18:48	44	10:32
Lap 6	1.40	7:29	5:20	2	1:14	69	3:11	17.10	1:43:57	6:04	2	20:02	13	10:57
Last lap Finish	3.70	25:23	6:51	2	2:32	71	14:38	20.80	2:09:20	6:13	2	22:34	72	51:18