



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Ulit, Thorsten

Club: Elan Barsinghausen
Number: 570

Course: 20.80 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:09:54

Speed: 9.24 km/h
Running performance: 6:15 min/km

Rank in course/Total: 87 (of 110)

Rank in course/Men: 73 (of 92)

Best time in course: 1:18:02

Rank in category: 16(of 17)

Best time in the category: 1:31:28

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	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	18:47	5:41	13	4:44	68	6:13	3.30	18:47	5:41	3	1:34	44	
Lap 2	1.70	11:28	6:44	16	3:32	75	4:22	5.00	30:15	6:02	3	3:19	44	0:51
Lap 3	2.10	10:10	4:50	13	2:39	67	3:18	7.10	40:25	5:41	3	4:03	42	3:47
Lap 4	4.95	32:37	6:35	16	10:15	77	12:27	12.05	1:13:02	6:03	3	9:21	44	4:27
Lap 5	3.65	21:39	5:55	16	6:33	72	8:50	15.70	1:34:41	6:01	3	12:48	43	8:45
Lap 6	1.40	7:50	5:35	16	2:26	74	3:32	17.10	1:42:31	5:59	3	14:08	42	9:31
Last lap Finish	3.70	27:23	7:24	16	8:34	82	16:38	20.80	2:09:54	6:14	16	38:26	73	51:52