



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Dösinger, Christian

Club: Hannover96 Triathlon  
Number: 609

Course: 20.80 km  
Halbmarathon

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:10:44

Speed: 9.18 km/h  
Running performance: 6:17 min/km

Rank in course/Total: 89 (of 110)

Rank in course/Men: 75 (of 92)

Best time in course: 1:18:02

Rank in category: 12(of 14)

Best time in the category: 1:18:02

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	15:37	4:43	5	3:03	20	3:03	3.30	15:37	4:43	12	3:03	42	
Lap 2	1.70	9:02	5:18	5	1:56	19	1:56	5.00	24:39	4:55	12	4:59	42	
Lap 3	2.10	8:31	4:03	7	1:39	27	1:39	7.10	33:10	4:40	12	6:34	40	
Lap 4	4.95	25:29	5:08	6	5:19	18	5:19	12.05	58:39	4:52	10	11:53	42	
Lap 5	3.65	16:43	4:34	5	3:54	21	3:54	15.70	1:15:22	4:48	12	15:46	41	
Lap 6	1.40	6:05	4:20	6	1:47	23	1:47	17.10	1:21:27	4:45	12	17:33	40	
Last lap Finish	3.70	49:17	13:19	14	35:09	91	38:32	20.80	2:10:44	6:17	12	52:42	75	52:42