



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Jäger, Andreas

Club: Wunstorf
Number: 520

Course: 20.80 km
Halbmarathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:11:04

Speed: 9.16 km/h
Running performance: 6:18 min/km

Rank in course/Total: 90 (of 110)

Rank in course/Men: 76 (of 92)

Best time in course: 1:18:02

Rank in category: 3(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	20:26	6:11	2	4:17	77	7:52	3.30	20:26	6:11	3	4:17	41	1:14
Lap 2	1.70	11:20	6:40	2	2:09	73	4:14	5.00	31:46	6:21	3	6:26	41	2:22
Lap 3	2.10	11:02	5:15	2	2:34	77	4:10	7.10	42:48	6:01	3	9:00	39	6:10
Lap 4	4.95	32:31	6:34	3	6:13	76	12:21	12.05	1:15:19	6:15	2	1:01	41	6:44
Lap 5	3.65	22:20	6:07	3	4:46	77	9:31	15.70	1:37:39	6:13	3	19:59	39	11:43
Lap 6	1.40	8:01	5:43	3	1:46	77	3:43	17.10	1:45:40	6:10	3	21:45	39	12:40
Last lap Finish	3.70	25:24	6:51	3	2:33	72	14:39	20.80	2:11:04	6:18	3	24:18	76	53:02