



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Großheim, Uwe

Club: Hannover
Number: 580

Course: 20.80 km
Halbmarathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:11:49

Speed: 9.10 km/h
Running performance: 6:20 min/km

Rank in course/Total: 91 (of 110)

Rank in course/Men: 77 (of 92)

Best time in course: 1:18:02

Rank in category: 14(of 18)

Best time in the category: 1:33:56

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	16:25	4:58	5	1:55	29	3:51	3.30	16:25	4:58	6			40
Lap 2	1.70	9:50	5:47	8	1:29	43	2:44	5.00	26:15	5:15	6			40
Lap 3	2.10	8:54	4:14	7	1:24	36	2:02	7.10	35:09	4:57	6			38
Lap 4	4.95	27:38	5:34	7	4:20	43	7:28	12.05	1:02:47	5:12	6			40
Lap 5	3.65	34:52	9:33	18	19:11	92	22:03	15.70	1:37:39	6:13	5	27:18	39	11:43
Lap 6	1.40	23:25	16:43	18	17:52	91	19:07	17.10	2:01:04	7:04	18	27:35	91	28:04
Last lap Finish	3.70	10:45	2:54	1	-	1	-	20.80	2:11:49	6:20	14	37:53	77	53:47