



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Hünnebeck, Norbert

Club: Hannover
Number: 564

Course: 20.80 km
Halbmarathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:12:33

Speed: 9.05 km/h
Running performance: 6:22 min/km

Rank in course/Total: 92 (of 110)

Rank in course/Men: 78 (of 92)

Best time in course: 1:18:02

Rank in category: 15(of 18)

Best time in the category: 1:33:56

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	19:46	5:59	16	5:16	76	7:12	3.30	19:46	5:59	5	1:29	39	0:34
Lap 2	1.70	11:44	6:54	16	3:23	80	4:38	5.00	31:30	6:17	5	2:39	39	2:06
Lap 3	2.10	10:38	5:03	14	3:08	74	3:46	7.10	42:08	5:56	5	3:49	37	5:30
Lap 4	4.95	33:56	6:51	15	10:38	81	13:46	12.05	1:16:04	6:18	5	8:11	39	7:29
Lap 5	3.65	23:03	6:18	13	7:22	81	10:14	15.70	1:39:07	6:18	4	28:46	38	13:11
Lap 6	1.40	8:26	6:01	14	2:53	78	4:08	17.10	1:47:33	6:17	5	14:04	38	14:33
Last lap Finish	3.70	25:00	6:45	13	14:15	70	14:15	20.80	2:12:33	6:22	15	38:37	78	54:31