



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Uka, Ben R.

Club: Barsinghausen  
Number: 536

Course: 20.80 km  
Halbmarathon

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:13:17

Speed: 9.36 km/h  
Running performance: 6:25 min/km

Rank in course/Total: 93 (of 110)

Rank in course/Men: 79 (of 92)

Best time in course: 1:18:02

Rank in category: 13(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	20:45	6:17	14	8:11	82	8:11	3.30	20:45	6:17	13	8:11	38	1:33
Lap 2	1.70	11:35	6:48	13	4:29	79	4:29	5.00	32:20	6:28	13	12:40	38	2:56
Lap 3	2.10	10:39	5:04	12	3:47	75	3:47	7.10	42:59	6:03	13	16:23	36	6:21
Lap 4	4.95	32:22	6:32	13	12:12	75	12:12	12.05	1:15:21	6:15	11	28:35	38	6:46
Lap 5	3.65	22:50	6:15	13	10:01	80	10:01	15.70	1:38:11	6:15	13	38:35	37	12:15
Lap 6	1.40	8:37	6:09	12	4:19	81	4:19	17.10	1:46:48	6:14	13	42:54	37	13:48
Last lap Finish	3.70	26:29	7:09	12	12:21	78	15:44	20.80	2:13:17	6:24	13	55:15	79	55:15