



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

**Pawlak, Reiner**

Club: DJK Sparta Langenhagen/TEA  
Number: 510

Course: 20.80 km  
Halbmarathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:13:47

Speed: 8.97 km/h  
Running performance: 6:26 min/km

Rank in course/Total: 94 (of 110)

Rank in course/Men: 80 (of 92)

Best time in course: 1:18:02

Rank in category: 15(of 16)

Best time in the category: 1:26:53

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	20:30	6:12	14	7:01	78	7:56	3.30	20:30	6:12	15	6:19	29	1:18
Lap 2	1.70	11:54	7:00	15	4:06	82	4:48	5.00	32:24	6:28	15	10:17	37	3:00
Lap 3	2.10	11:38	5:32	16	4:12	84	4:46	7.10	44:02	6:12	15	14:13	24	7:24
Lap 4	4.95	33:32	6:46	15	11:36	80	13:22	12.05	1:17:34	6:26	13	25:49	37	8:59
Lap 5	3.65	22:32	6:10	16	8:23	78	9:43	15.70	1:40:06	6:22	15	34:12	24	14:10
Lap 6	1.40	7:48	5:34	15	2:43	73	3:30	17.10	1:47:54	6:18	15	36:55	36	14:54
Last lap Finish	3.70	25:53	6:59	15	9:59	75	15:08	20.80	2:13:47	6:25	15	46:54	80	55:45