



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Wohlstein, Ralf

Club: Barsinghausen
Number: 585

Course: 20.80 km
Halbmarathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:14:47

Speed: 8.90 km/h
Running performance: 6:29 min/km

Rank in course/Total: 95 (of 110)

Rank in course/Men: 81 (of 92)

Best time in course: 1:18:02

Rank in category: 16(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	19:45	5:59	15	5:15	75	7:11	3.30	19:45	5:59	4	1:28	24	0:33
Lap 2	1.70	11:33	6:47	14	3:12	76	4:27	5.00	31:18	6:15	4	2:27	13	1:54
Lap 3	2.10	10:28	4:59	13	2:58	71	3:36	7.10	41:46	5:52	4	3:27	34	5:08
Lap 4	4.95	34:37	6:59	16	11:19	82	14:27	12.05	1:16:23	6:20	4	8:30	24	7:48
Lap 5	3.65	24:21	6:40	15	8:40	85	11:32	15.70	1:40:44	6:24	3	30:23	35	14:48
Lap 6	1.40	8:30	6:04	15	2:57	80	4:12	17.10	1:49:14	6:23	4	15:45	24	16:14
Last lap Finish	3.70	25:33	6:54	14	14:48	73	14:48	20.80	2:14:47	6:28	16	40:51	81	56:45