



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Geppert, Michael

Club: Letter
Number: 561

Course: 20.80 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:17:52

Speed: 9.05 km/h
Running performance: 6:38 min/km

Rank in course/Total: 97 (of 110)

Rank in course/Men: 83 (of 92)

Best time in course: 1:18:02

Rank in category: 16(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	21:37	6:33	15	8:08	87	9:03	3.30	21:37	6:33	16	7:26	34	2:25
Lap 2	1.70	12:32	7:22	16	4:44	85	5:26	5.00	34:09	6:49	16	12:02	34	4:45
Lap 3	2.10	11:17	5:22	15	3:51	83	4:25	7.10	45:26	6:23	16	15:37	32	8:48
Lap 4	4.95	34:56	7:03	16	13:00	84	14:46	12.05	1:20:22	6:40	14	28:37	34	11:47
Lap 5	3.65	21:56	6:00	15	7:47	74	9:07	15.70	1:42:18	6:30	16	36:24	33	16:22
Lap 6	1.40	8:27	6:02	16	3:22	79	4:09	17.10	1:50:45	6:28	16	39:46	33	17:45
Last lap Finish	3.70	27:07	7:19	16	11:13	81	16:22	20.80	2:17:52	6:37	16	50:59	83	59:50