



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

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Club: Barsinghausen
Number: 513

Course: 20.80 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:22:23

Speed: 8.43 km/h
Running performance: 6:51 min/km

Rank in course/Total: 98 (of 110)

Rank in course/Men: 84 (of 92)

Best time in course: 1:18:02

Rank in category: 17(of 17)

Best time in the category: 1:31:28

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	20:53	6:19	16	6:50	83	8:19	3.30	20:53	6:19	2	3:40	32	1:41
Lap 2	1.70	12:20	7:15	17	4:24	84	5:14	5.00	33:13	6:38	2	6:17	33	3:49
Lap 3	2.10	11:59	5:42	17	4:28	85	5:07	7.10	45:12	6:21	2	8:50	30	8:34
Lap 4	4.95	35:05	7:05	17	12:43	85	14:55	12.05	1:20:17	6:39	2	16:36	32	11:42
Lap 5	3.65	24:17	6:39	17	9:11	83	11:28	15.70	1:44:34	6:39	2	22:41	32	18:38
Lap 6	1.40	9:12	6:34	17	3:48	84	4:54	17.10	1:53:46	6:39	2	25:23	31	20:46
Last lap Finish	3.70	28:37	7:44	17	9:48	84	17:52	20.80	2:22:23	6:50	17	50:55	84	1:04:21