



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Eike, Stefan

Club: Hamburg
Number: 512

Course: 20.80 km
Halbmarathon

Category:
Männer (20-29 Jahre)

Total time: 2:22:23

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

Rank in course/Total: 99 (of 110)

Rank in course/Men: 84 (of 92)

Best time in course: 1:18:02

Rank in category: 11(of 14)

Best time in the category: 1:29:48

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	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	12	7:24	83	8:19	3.30	20:53	6:19	11	7:24	32	1:41
Lap 2	1.70	12:19	7:14	12	4:08	83	5:13	5.00	33:12	6:38	11	11:32	32	3:48
Lap 3	2.10	12:00	5:42	12	4:16	86	5:08	7.10	45:12	6:21	11	15:48	30	8:34
Lap 4	4.95	35:05	7:05	12	12:29	85	14:55	12.05	1:20:17	6:39	10	17:29	32	11:42
Lap 5	3.65	24:18	6:39	12	9:22	84	11:29	15.70	1:44:35	6:39	11	37:39	31	18:39
Lap 6	1.40	9:11	6:33	11	3:49	83	4:53	17.10	1:53:46	6:39	11	41:28	31	20:46
Last lap Finish	3.70	28:37	7:44	11	11:07	84	17:52	20.80	2:22:23	6:50	11	52:35	84	1:04:21