



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Hussel, Patrick

Club: LLG Springe  
Number: 632

Course: 20.80 km  
Halbmarathon

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:22:23

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

Rank in course/Total: 100 (of 110)

Rank in course/Men: 84 (of 92)

Best time in course: 1:18:02

Rank in category: 14(of 14)

Best time in the category: 1:18:02

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	20:38	6:15	13	8:04	80	8:04	3.30	20:38	6:15	14	8:04	31	1:26
Lap 2	1.70	12:39	7:26	14	5:33	86	5:33	5.00	33:17	6:39	14	13:37	31	3:53
Lap 3	2.10	11:05	5:16	13	4:13	80	4:13	7.10	44:22	6:14	14	17:46	29	7:44
Lap 4	4.95	37:10	7:30	14	17:00	87	17:00	12.05	1:21:32	6:45	12	34:46	31	12:57
Lap 5	3.65	25:26	6:58	14	12:37	86	12:37	15.70	1:46:58	6:48	14	47:22	30	21:02
Lap 6	1.40	8:47	6:16	13	4:29	82	4:29	17.10	1:55:45	6:46	14	51:51	30	22:45
Last lap Finish	3.70	26:38	7:11	13	12:30	79	15:53	20.80	2:22:23	6:50	14	1:04:21	84	1:04:21