



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Welk, Rainer

Club: Volkswagen Hannover
Number: 523

Course: 20.80 km
Halbmarathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:39:46

Speed: 7.51 km/h
Running performance: 7:41 min/km

Rank in course/Total: 103 (of 110)

Rank in course/Men: 87 (of 92)

Best time in course: 1:18:02

Rank in category: 17(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	23:06	7:00	18	8:36	89	10:32	3.30	23:06	7:00	3	4:49	30	3:54
Lap 2	1.70	14:03	8:15	18	5:42	89	6:57	5.00	37:09	7:25	3	8:18	30	7:45
Lap 3	2.10	13:30	6:25	18	6:00	88	6:38	7.10	50:39	7:08	3	12:20	28	14:01
Lap 4	4.95	39:48	8:02	17	16:30	88	19:38	12.05	1:30:27	7:30	3	22:34	30	21:52
Lap 5	3.65	27:03	7:24	16	11:22	87	14:14	15.70	1:57:30	7:29	2	47:09	29	31:34
Lap 6	1.40	10:03	7:10	17	4:30	88	5:45	17.10	2:07:33	7:27	3	34:04	29	34:33
Last lap Finish	3.70	32:13	8:42	17	21:28	86	21:28	20.80	2:39:46	7:40	17	1:05:50	87	1:21:44