



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Lasser, Bernhard

Club: SVE Hiddestorf
Number: 630

Course: 20.80 km
Halbmarathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:41:28

Speed: 7.43 km/h
Running performance: 7:46 min/km

Rank in course/Total: 105 (of 110)

Rank in course/Men: 88 (of 92)

Best time in course: 1:18:02

Rank in category: 18(of 18)

Best time in the category: 1:33:56

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	20:30	6:12	17	6:00	78	7:56	3.30	20:30	6:12	2	2:13	29	1:18	
Lap 2	1.70	14:00	8:14	17	5:39	88	6:54	5.00	34:30	6:54	2	5:39	29	5:06	
Lap 3	2.10	12:30	5:57	17	5:00	87	5:38	7.10	47:00	6:37	2	8:41	27	10:22	
Lap 4	4.95	42:29	8:34	18	19:11	91	22:19	12.05	1:29:29	7:25	2	21:36	29	20:54	
Lap 5	3.65	28:52	7:54	17	13:11	89	16:03	15.70	1:58:21	7:32	18	48:00	92	32:25	
Lap 6	1.40	9:59	7:07	16	4:26	87	5:41	17.10	2:08:20	7:30	2	34:51	28	35:20	
Last lap Finish	3.70	33:08	8:57	18	22:23	87	22:23	20.80	2:41:28	7:45	18	1:07:32	88	1:23:26	