



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Schlemme, Jürgen

Club: Masters of Annaturm  
Number: 526

Course: 20.80 km  
Halbmarathon

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:50:58

Speed: 7.02 km/h  
Running performance: 8:13 min/km

Rank in course/Total: 106 (of 110)

Rank in course/Men: 89 (of 92)

Best time in course: 1:18:02

Rank in category: 4(of 4)

Best time in the category: 1:46:46

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	26:20	7:58	4	10:11	92	13:46	3.30	26:20	7:58	4	10:11	27	7:08
Lap 2	1.70	16:02	9:25	4	6:51	92	8:56	5.00	42:22	8:28	4	17:02	27	12:58
Lap 3	2.10	14:09	6:44	4	5:41	89	7:17	7.10	56:31	7:57	4	22:43	25	19:53
Lap 4	4.95	41:16	8:20	4	14:58	89	21:06	12.05	1:37:47	8:06	3	23:29	27	29:12
Lap 5	3.65	27:50	7:37	4	10:16	88	15:01	15.70	2:05:37	8:00	4	47:57	27	39:41
Lap 6	1.40	9:58	7:07	4	3:43	86	5:40	17.10	2:15:35	7:55	4	51:40	27	42:35
Last lap Finish	3.70	35:23	9:33	4	12:32	88	24:38	20.80	2:50:58	8:13	4	1:04:12	89	1:32:56