



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Söns, Torsten

Club: Jongo Webagentur Hildesheim
Number: 618

Course: 20.80 km
Halbmarathon

Category:
Männer (20-29 Jahre)

Total time: 2:55:41

Speed: 6.83 km/h
Running performance: 8:27 min/km

Rank in course/Total: 107 (of 110)

Rank in course/Men: 90 (of 92)

Best time in course: 1:18:02

Rank in category: 12(of 14)

Best time in the category: 1:29:48

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	24:31	7:25	13	11:02	90	11:57	3.30	24:31	7:25	13	11:02	25	5:19
Lap 2	1.70	14:55	8:46	14	6:44	91	7:49	5.00	39:26	7:53	13	17:46	26	10:02
Lap 3	2.10	14:52	7:04	13	7:08	90	8:00	7.10	54:18	7:38	13	24:54	91	17:40
Lap 4	4.95	42:37	8:36	14	20:01	92	22:27	12.05	1:36:55	8:02	12	34:07	26	28:20
Lap 5	3.65	30:43	8:24	13	15:47	90	17:54	15.70	2:07:38	8:07	13	1:00:42	25	41:42
Lap 6	1.40	11:28	8:11	13	6:06	90	7:10	17.10	2:19:06	8:08	12	1:06:48	26	46:06
Last lap Finish	3.70	36:35	9:53	12	19:05	89	25:50	20.80	2:55:41	8:26	12	1:25:53	90	1:37:39