



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Thum, Marcel

Club: JONGO Webagentur Hildesheim  
Number: 619

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: 108 (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	14:54	8:45	13	6:43	90	7:48	5.00	39:25	7:52	14	17:45	25	10:01
Lap 3	2.10	14:54	7:05	14	7:10	91	8:02	7.10	54:19	7:39	14	24:55	92	17:41
Lap 4	4.95	42:27	8:34	13	19:51	90	22:17	12.05	1:36:46	8:01	13	33:58	25	28:11
Lap 5	3.65	30:52	8:27	14	15:56	91	18:03	15.70	2:07:38	8:07	13	1:00:42	25	41:42
Lap 6	1.40	11:27	8:10	12	6:05	89	7:09	17.10	2:19:05	8:08	13	1:06:47	25	46:05
Last lap Finish	3.70	36:36	9:53	13	19:06	90	25:51	20.80	2:55:41	8:26	12	1:25:53	90	1:37:39