



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Wolling, Heiko

Club: Hannover 96
Number: 778

Course: 20.80 km
Halbmarathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:24:03

Speed: 14.28 km/h
Running performance: 4:02 min/km

Rank in course/Total: 4 (of 93)

Rank in course/Men: 4 (of 81)

Best time in course: 1:13:11

Rank in category: 3(of 13)

Best time in the category: 1:13:11

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	13:41	4:08	3	1:24	4	1:24	3.30	13:41	4:08	3	1:24	54	
Lap 2	1.70	7:56	4:40	4	1:16	6	1:16	5.00	21:37	4:19	3	2:40	59	
Lap 3	2.10	7:19	3:29	4	0:55	8	0:55	7.10	28:56	4:04	3	3:35	59	
Lap 4	4.95	22:43	4:35	3	3:25	5	3:25	12.05	51:39	4:17	3	7:00	59	
Lap 5	3.65	14:36	4:00	3	1:57	5	1:57	15.70	1:06:15	4:13	3	8:57	59	
Lap 6	1.40	5:10	3:41	3	0:38	7	0:38	17.10	1:11:25	4:10	3	9:35	59	
Last lap Finish	3.70	12:38	3:24	3	1:17	6	1:17	20.80	1:24:03	4:02	3	10:52	4	10:52