



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 |