



# 11. Deisterberglauf

Barsinghausen / 28.09.2014

## Detailed evaluation

**Vollkommer, Guido**

Club: Pattensen  
Number: 775

Course: 20.80 km  
Halbmarathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:25:05

Speed: 14.10 km/h  
Running performance: 4:05 min/km

Rank in course/Total: 5 (of 93)

Rank in course/Men: 5 (of 81)

Best time in course: 1:13:11

Rank in category: 1(of 19)

Best time in the category: 1:25:05

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	14:16	4:19	2	0:14	9	1:59	3.30	14:16	4:19	11		58	
Lap 2	1.70	8:12	4:49	2	0:08	9	1:32	5.00	22:28	4:29	11		58	
Lap 3	2.10	7:14	3:26	1	-	5	0:50	7.10	29:42	4:10	11		58	
Lap 4	4.95	23:24	4:43	2	0:45	9	4:06	12.05	53:06	4:24	11		58	
Lap 5	3.65	14:20	3:55	1	-	4	1:41	15.70	1:07:26	4:17	11		58	
Lap 6	1.40	5:08	3:40	1	-	4	0:36	17.10	1:12:34	4:14	11		58	
Last lap Finish	3.70	12:31	3:22	1	-	4	1:10	20.80	1:25:05	4:05	1	-	5	11:54