



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Kendelbacher, Michael

Club: your-athletic-life.de

Number: 725

Course: 20.80 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:25:09

Speed: 14.09 km/h

Running performance: 4:05 min/km

Rank in course/Total: 6 (of 93)

Rank in course/Men: 6 (of 81)

Best time in course: 1:13:11

Rank in category: 4(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	14:06	4:16	4	1:49	7	1:49	3.30	14:06	4:16	4	1:49	57	
Lap 2	1.70	7:53	4:38	3	1:13	4	1:13	5.00	21:59	4:23	4	3:02	57	
Lap 3	2.10	7:14	3:26	3	0:50	5	0:50	7.10	29:13	4:06	4	3:52	57	
Lap 4	4.95	23:14	4:41	4	3:56	7	3:56	12.05	52:27	4:21	4	7:48	57	
Lap 5	3.65	14:54	4:04	4	2:15	8	2:15	15.70	1:07:21	4:17	4	10:03	57	
Lap 6	1.40	5:12	3:42	4	0:40	8	0:40	17.10	1:12:33	4:14	4	10:43	57	
Last lap Finish	3.70	12:36	3:24	2	1:15	5	1:15	20.80	1:25:09	4:05	4	11:58	6	11:58