



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Blume, Thomas

Club: Hannover
Number: 705

Course: 20.80 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:25:28

Speed: 14.04 km/h
Running performance: 4:07 min/km

Rank in course/Total: 7 (of 93)

Rank in course/Men: 7 (of 81)

Best time in course: 1:13:11

Rank in category: 1(of 17)

Best time in the category: 1:25:28

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	14:28	4:23	3	0:47	12	2:11	3.30	14:28	4:23	10			56
Lap 2	1.70	8:15	4:51	2	0:20	11	1:35	5.00	22:43	4:32	10			56
Lap 3	2.10	7:30	3:34	3	0:12	10	1:06	7.10	30:13	4:15	10			56
Lap 4	4.95	23:05	4:39	1	-	6	3:47	12.05	53:18	4:25	10			56
Lap 5	3.65	14:43	4:01	1	-	6	2:04	15.70	1:08:01	4:19	10			56
Lap 6	1.40	5:09	3:40	1	-	5	0:37	17.10	1:13:10	4:16	10			56
Last lap Finish	3.70	12:18	3:19	1	-	3	0:57	20.80	1:25:28	4:06	1	-	7	12:17