



11. Deisterberglauf
Barsinghausen / 28.09.2014

Detailed evaluation

Bröcker, Benjamin

Club: TV Bohmte
Number: 708

Course: 20.80 km
Halbmarathon

Category:
Männer (20-29 Jahre)

Total time: 1:26:36

Speed: 13.86 km/h
Running performance: 4:10 min/km

Rank in course/Total: 8 (of 93)

Rank in course/Men: 8 (of 81)

Best time in course: 1:13:11

Rank in category: 2(of 13)

Best time in the category: 1:15:42

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	14:15	4:19	2	1:55	8	1:58	3.30	14:15	4:19	2	1:55	55	
Lap 2	1.70	8:04	4:44	2	1:10	7	1:24	5.00	22:19	4:27	2	3:05	55	
Lap 3	2.10	7:05	3:22	2	0:35	4	0:41	7.10	29:24	4:08	2	3:40	55	
Lap 4	4.95	23:43	4:47	2	3:40	10	4:25	12.05	53:07	4:24	2	7:20	55	
Lap 5	3.65	14:53	4:04	2	1:27	7	2:14	15.70	1:08:00	4:19	2	8:47	55	
Lap 6	1.40	5:09	3:40	2	0:25	5	0:37	17.10	1:13:09	4:16	2	9:12	55	
Last lap Finish	3.70	13:27	3:38	2	1:42	8	2:06	20.80	1:26:36	4:09	2	10:54	8	13:25