



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Kuhman, Markus

Club: Hannover 96
Number: 777

Course: 20.80 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:26:43

Speed: 13.84 km/h
Running performance: 4:10 min/km

Rank in course/Total: 9 (of 93)

Rank in course/Men: 9 (of 81)

Best time in course: 1:13:11

Rank in category: 2(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	13:41	4:08	1	-	4	1:24	3.30	13:41	4:08	17		54	
Lap 2	1.70	7:55	4:39	1	-	5	1:15	5.00	21:36	4:19	17		54	
Lap 3	2.10	7:18	3:28	1	-	7	0:54	7.10	28:54	4:04	17		54	
Lap 4	4.95	23:14	4:41	2	0:09	7	3:56	12.05	52:08	4:19	17		54	
Lap 5	3.65	15:25	4:13	2	0:42	10	2:46	15.70	1:07:33	4:18	17		54	
Lap 6	1.40	5:35	3:59	3	0:26	11	1:03	17.10	1:13:08	4:16	17		54	
Last lap Finish	3.70	13:35	3:40	2	1:17	10	2:14	20.80	1:26:43	4:10	2	1:15	9	13:32