



# 11. Deisterberglauf

Barsinghausen / 28.09.2014

## Detailed evaluation

**Walther, Clemens**

Club: Barsinghausen  
Number: 759

Course: 20.80 km  
Halbmarathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:27:37

Speed: 13.70 km/h  
Running performance: 4:13 min/km

Rank in course/Total: 10 (of 93)

Rank in course/Men: 10 (of 81)

Best time in course: 1:13:11

Rank in category: 2(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	14:02	4:15	1	-	6	1:45	3.30	14:02	4:15	19		53	
Lap 2	1.70	8:04	4:44	1	-	7	1:24	5.00	22:06	4:25	19		53	
Lap 3	2.10	7:55	3:46	4	0:41	14	1:31	7.10	30:01	4:13	19		53	
Lap 4	4.95	22:39	4:34	1	-	4	3:21	12.05	52:40	4:22	19		53	
Lap 5	3.65	15:13	4:10	2	0:53	9	2:34	15.70	1:07:53	4:19	19		53	
Lap 6	1.40	5:35	3:59	3	0:27	11	1:03	17.10	1:13:28	4:17	19		53	
Last lap Finish	3.70	14:09	3:49	4	1:38	16	2:48	20.80	1:27:37	4:12	2	2:32	10	14:26