



11. Deisterberglauf
Barsinghausen / 28.09.2014

Detailed evaluation

Reeh, Volker

Club: TSV Kirchdorf
Number: 747

Course: 20.80 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:30:18

Speed: 13.29 km/h
Running performance: 4:20 min/km

Rank in course/Total: 11 (of 93)

Rank in course/Men: 11 (of 81)

Best time in course: 1:13:11

Rank in category: 3(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	14:23	4:21	2	0:42	10	2:06	3.30	14:23	4:21	16			42
Lap 2	1.70	8:16	4:51	3	0:21	12	1:36	5.00	22:39	4:31	16			42
Lap 3	2.10	7:19	3:29	2	0:01	8	0:55	7.10	29:58	4:13	16			42
Lap 4	4.95	24:48	5:00	3	1:43	18	5:30	12.05	54:46	4:32	16			42
Lap 5	3.65	15:43	4:18	4	1:00	13	3:04	15.70	1:10:29	4:29	16			42
Lap 6	1.40	5:37	4:00	4	0:28	13	1:05	17.10	1:16:06	4:27	16			42
Last lap Finish	3.70	14:12	3:50	5	1:54	17	2:51	20.80	1:30:18	4:20	3	4:50	11	17:07