



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Oesterreich, Lasse

Club: Team Oesterreich
Number: 740

Course: 20.80 km
Halbmarathon

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:30:33

Speed: 13.25 km/h
Running performance: 4:21 min/km

Rank in course/Total: 12 (of 93)

Rank in course/Men: 12 (of 81)

Best time in course: 1:13:11

Rank in category: 1(of 6)

Best time in the category: 1:30:33

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	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	14:53	4:30	1	-	17	2:36	3.30	14:53	4:30	1	-	51	
Lap 2	1.70	8:21	4:54	1	-	14	1:41	5.00	23:14	4:38	1	-	51	
Lap 3	2.10	8:03	3:50	1	-	16	1:39	7.10	31:17	4:24	1	-	51	
Lap 4	4.95	23:57	4:50	1	-	11	4:39	12.05	55:14	4:35	1	-	51	
Lap 5	3.65	15:34	4:15	1	-	11	2:55	15.70	1:10:48	4:30	1	-	51	
Lap 6	1.40	5:37	4:00	1	-	13	1:05	17.10	1:16:25	4:28	1	-	51	
Last lap Finish	3.70	14:08	3:49	1	-	15	2:47	20.80	1:30:33	4:21	1	-	12	17:22