



11. Deisterberglauf
Barsinghausen / 28.09.2014

Detailed evaluation

O'Brien, Tony

Number: 741

Course: 20.80 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:31:08

Speed: 13.17 km/h

Running performance: 4:23 min/km

Rank in course/Total: 13 (of 93)

Rank in course/Men: 13 (of 81)

Best time in course: 1:13:11

Rank in category: 3(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	14:37	4:25	4	0:35	14	2:20	3.30	14:37	4:25	18		50	
Lap 2	1.70	8:31	5:00	4	0:27	18	1:51	5.00	23:08	4:37	18		50	
Lap 3	2.10	7:43	3:40	3	0:29	12	1:19	7.10	30:51	4:20	18		50	
Lap 4	4.95	24:30	4:56	4	1:51	14	5:12	12.05	55:21	4:35	18		50	
Lap 5	3.65	15:55	4:21	4	1:35	15	3:16	15.70	1:11:16	4:32	18		50	
Lap 6	1.40	5:37	4:00	4	0:29	13	1:05	17.10	1:16:53	4:29	18		50	
Last lap Finish	3.70	14:15	3:51	5	1:44	19	2:54	20.80	1:31:08	4:22	3	6:03	13	17:57