



11. Deisterberglauf  
Barsinghausen / 28.09.2014

Detailed evaluation

Lessmeister, Frank

Club: Ute-Mueckel-Team  
Number: 784

Course: 20.80 km  
Halbmarathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:31:19

Speed: 13.14 km/h  
Running performance: 4:23 min/km

Rank in course/Total: 14 (of 93)

Rank in course/Men: 14 (of 81)

Best time in course: 1:13:11

Rank in category: 4(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	14:25	4:22	3	0:23	11	2:08	3.30	14:25	4:22	17		49	
Lap 2	1.70	8:19	4:53	3	0:15	13	1:39	5.00	22:44	4:32	17		49	
Lap 3	2.10	8:19	3:57	5	1:05	23	1:55	7.10	31:03	4:22	17		49	
Lap 4	4.95	24:25	4:55	3	1:46	13	5:07	12.05	55:28	4:36	17		49	
Lap 5	3.65	16:07	4:24	5	1:47	17	3:28	15.70	1:11:35	4:33	17		48	
Lap 6	1.40	5:50	4:10	5	0:42	19	1:18	17.10	1:17:25	4:31	17		48	
Last lap Finish	3.70	13:54	3:45	3	1:23	12	2:33	20.80	1:31:19	4:23	4	6:14	14	18:08