



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Leppla, Frank

Club: LG Braunschweig
Number: 785

Course: 20.80 km
Halbmarathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:31:30

Speed: 13.11 km/h
Running performance: 4:24 min/km

Rank in course/Total: 15 (of 93)

Rank in course/Men: 15 (of 81)

Best time in course: 1:13:11

Rank in category: 1(of 10)

Best time in the category: 1:31:30

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	14:33	4:24	1	-	13	2:16	3.30	14:33	4:24	1	-	48	
Lap 2	1.70	8:28	4:58	1	-	17	1:48	5.00	23:01	4:36	1	-	48	
Lap 3	2.10	7:51	3:44	1	-	13	1:27	7.10	30:52	4:20	1	-	48	
Lap 4	4.95	24:40	4:58	1	-	17	5:22	12.05	55:32	4:36	1	-	48	
Lap 5	3.65	16:03	4:23	1	-	16	3:24	15.70	1:11:35	4:33	1	-	48	
Lap 6	1.40	5:50	4:10	1	-	19	1:18	17.10	1:17:25	4:31	1	-	48	
Last lap Finish	3.70	14:05	3:48	1	-	14	2:44	20.80	1:31:30	4:23	1	-	15	18:19