



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Brunsfeld, Harald

Club: Lauenau am Deister
Number: 707

Course: 20.80 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:32:19

Speed: 13.00 km/h
Running performance: 4:26 min/km

Rank in course/Total: 18 (of 93)

Rank in course/Men: 16 (of 81)

Best time in course: 1:13:11

Rank in category: 4(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	14:54	4:30	5	1:13	18	2:37	3.30	14:54	4:30	15		47	
Lap 2	1.70	8:44	5:08	5	0:49	20	2:04	5.00	23:38	4:43	15		47	
Lap 3	2.10	8:06	3:51	6	0:48	18	1:42	7.10	31:44	4:28	15		47	
Lap 4	4.95	25:43	5:11	5	2:38	25	6:25	12.05	57:27	4:46	15		47	
Lap 5	3.65	15:36	4:16	3	0:53	12	2:57	15.70	1:13:03	4:39	15		47	
Lap 6	1.40	5:27	3:53	2	0:18	9	0:55	17.10	1:18:30	4:35	15		47	
Last lap Finish	3.70	13:49	3:44	3	1:31	11	2:28	20.80	1:32:19	4:26	4	6:51	16	19:08