



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Ritter, Alexander

Club: TSV Victoria
Number: 790

Course: 20.80 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:32:24

Speed: 12.99 km/h
Running performance: 4:26 min/km

Rank in course/Total: 19 (of 93)

Rank in course/Men: 17 (of 81)

Best time in course: 1:13:11

Rank in category: 5(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	16:02	4:51	6	2:00	27	3:45	3.30	16:02	4:51	16			46
Lap 2	1.70	8:44	5:08	5	0:40	20	2:04	5.00	24:46	4:57	16			46
Lap 3	2.10	7:39	3:38	2	0:25	11	1:15	7.10	32:25	4:33	16			46
Lap 4	4.95	25:01	5:03	5	2:22	21	5:43	12.05	57:26	4:45	16			46
Lap 5	3.65	15:54	4:21	3	1:34	14	3:15	15.70	1:13:20	4:40	16			46
Lap 6	1.40	5:33	3:57	2	0:25	10	1:01	17.10	1:18:53	4:36	16			46
Last lap Finish	3.70	13:31	3:39	2	1:00	9	2:10	20.80	1:32:24	4:26	5	7:19	17	19:13