



11. Deisterberglauf  
Barsinghausen / 28.09.2014

Detailed evaluation

Scheja, Damian

Club: Team ERDINGER Alkoholfrei  
Number: 751

Course: 20.80 km  
Halbmarathon

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:33:58

Speed: 12.77 km/h  
Running performance: 4:31 min/km

Rank in course/Total: 20 (of 93)

Rank in course/Men: 18 (of 81)

Best time in course: 1:13:11

Rank in category: 2(of 6)

Best time in the category: 1:30:33

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	15:59	4:50	3	1:06	25	3:42	3.30	15:59	4:50	2	1:06	45	
Lap 2	1.70	8:41	5:06	2	0:20	19	2:01	5.00	24:40	4:56	2	1:26	45	
Lap 3	2.10	8:18	3:57	3	0:15	22	1:54	7.10	32:58	4:38	2	1:41	45	
Lap 4	4.95	24:34	4:57	2	0:37	16	5:16	12.05	57:32	4:46	2	2:18	45	
Lap 5	3.65	16:25	4:29	2	0:51	19	3:46	15.70	1:13:57	4:42	2	3:09	45	
Lap 6	1.40	5:48	4:08	2	0:11	18	1:16	17.10	1:19:45	4:39	2	3:20	45	
Last lap Finish	3.70	14:13	3:50	2	0:05	18	2:52	20.80	1:33:58	4:31	2	3:25	18	20:47