



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Fett, Matthias

Club: Hannover
Number: 712

Course: 20.80 km
Halbmarathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:34:16

Speed: 13.24 km/h
Running performance: 4:32 min/km

Rank in course/Total: 21 (of 93)

Rank in course/Men: 19 (of 81)

Best time in course: 1:13:11

Rank in category: 5(of 13)

Best time in the category: 1:13:11

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	14:52	4:30	5	2:35	16	2:35	3.30	14:52	4:30	5	2:35	44	
Lap 2	1.70	8:14	4:50	5	1:34	10	1:34	5.00	23:06	4:37	5	4:09	44	
Lap 3	2.10	8:31	4:03	5	2:07	26	2:07	7.10	31:37	4:27	5	6:16	44	
Lap 4	4.95	24:05	4:51	5	4:47	12	4:47	12.05	55:42	4:37	5	11:03	44	
Lap 5	3.65	16:28	4:30	5	3:49	20	3:49	15.70	1:12:10	4:35	5	14:52	44	
Lap 6	1.40	6:05	4:20	6	1:33	23	1:33	17.10	1:18:15	4:34	5	16:25	44	
Last lap Finish	3.70	16:01	4:19	8	4:40	36	4:40	20.80	1:34:16	4:31	5	21:05	19	21:05