



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Leidenfrost, Eric

Club: Barsinghausen
Number: 735

Course: 20.80 km
Halbmarathon

Category:
Männer (20-29 Jahre)

Total time: 1:34:47

Speed: 12.66 km/h
Running performance: 4:34 min/km

Rank in course/Total: 22 (of 93)

Rank in course/Men: 20 (of 81)

Best time in course: 1:13:11

Rank in category: 3(of 13)

Best time in the category: 1:15:42

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	16:30	5:00	4	4:10	35	4:13	3.30	16:30	5:00	3	4:10	20	
Lap 2	1.70	8:50	5:11	3	1:56	26	2:10	5.00	25:20	5:03	3	6:06	43	
Lap 3	2.10	8:15	3:55	3	1:45	21	1:51	7.10	33:35	4:43	3	7:51	43	
Lap 4	4.95	24:56	5:02	3	4:53	19	5:38	12.05	58:31	4:51	3	12:44	43	
Lap 5	3.65	16:10	4:25	3	2:44	18	3:31	15.70	1:14:41	4:45	3	15:28	43	
Lap 6	1.40	5:46	4:07	3	1:02	16	1:14	17.10	1:20:27	4:42	3	16:30	43	
Last lap Finish	3.70	14:20	3:52	3	2:35	20	2:59	20.80	1:34:47	4:33	3	19:05	20	21:36