



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Wenzel, Matthias

Club: Tri Lizaros
Number: 786

Course: 20.80 km
Halbmarathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:35:39

Speed: 13.05 km/h
Running performance: 4:36 min/km

Rank in course/Total: 23 (of 93)

Rank in course/Men: 21 (of 81)

Best time in course: 1:13:11

Rank in category: 6(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	15:15	4:37	6	2:58	20	2:58	3.30	15:15	4:37	6	2:58	52	
Lap 2	1.70	8:25	4:57	6	1:45	16	1:45	5.00	23:40	4:44	6	4:43	52	
Lap 3	2.10	8:50	4:12	7	2:26	33	2:26	7.10	32:30	4:34	6	7:09	52	
Lap 4	4.95	24:30	4:56	6	5:12	14	5:12	12.05	57:00	4:43	6	12:21	52	
Lap 5	3.65	16:58	4:38	6	4:19	24	4:19	15.70	1:13:58	4:42	6	16:40	52	
Lap 6	1.40	6:15	4:27	7	1:43	27	1:43	17.10	1:20:13	4:41	6	18:23	52	
Last lap Finish	3.70	15:26	4:10	6	4:05	30	4:05	20.80	1:35:39	4:35	6	22:28	21	22:28