



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Roehl, Jan

Club: TSV Barsinghausen Triathlon
Number: 796

Course: 20.80 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:36:06

Speed: 12.49 km/h
Running performance: 4:37 min/km

Rank in course/Total: 24 (of 93)

Rank in course/Men: 22 (of 81)

Best time in course: 1:13:11

Rank in category: 5(of 17)

Best time in the category: 1:25:28

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	14:51	4:30	4	1:10	15	2:34	3.30	14:51	4:30	14			81
Lap 2	1.70	8:23	4:55	4	0:28	15	1:43	5.00	23:14	4:38	14			51
Lap 3	2.10	8:03	3:50	5	0:45	16	1:39	7.10	31:17	4:24	14			51
Lap 4	4.95	24:59	5:02	4	1:54	20	5:41	12.05	56:16	4:40	14			81
Lap 5	3.65	17:06	4:41	7	2:23	26	4:27	15.70	1:13:22	4:40	14			81
Lap 6	1.40	6:05	4:20	7	0:56	23	1:33	17.10	1:19:27	4:38	14			81
Last lap Finish	3.70	16:39	4:29	12	4:21	46	5:18	20.80	1:36:06	4:37	5	10:38	22	22:55