



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Nikolaiczky, Andre

Club: Bad Münden
Number: 739

Course: 20.80 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:36:36

Speed: 12.42 km/h
Running performance: 4:38 min/km

Rank in course/Total: 26 (of 93)

Rank in course/Men: 24 (of 81)

Best time in course: 1:13:11

Rank in category: 6(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	16:27	4:59	10	2:46	33	4:10	3.30	16:27	4:59	13	0:05	79	
Lap 2	1.70	8:58	5:16	9	1:03	31	2:18	5.00	25:25	5:05	13	0:08	79	
Lap 3	2.10	8:42	4:08	8	1:24	29	2:18	7.10	34:07	4:48	13		75	
Lap 4	4.95	26:07	5:16	7	3:02	27	6:49	12.05	1:00:14	4:59	13		79	
Lap 5	3.65	16:34	4:32	5	1:51	21	3:55	15.70	1:16:48	4:53	13		79	
Lap 6	1.40	5:47	4:07	5	0:38	17	1:15	17.10	1:22:35	4:49	13		79	
Last lap Finish	3.70	14:01	3:47	4	1:43	13	2:40	20.80	1:36:36	4:38	6	11:08	24	23:25