



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Jacobs, Markus

Club: TSV Barsinghausen
Number: 721

Course: 20.80 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:36:47

Speed: 12.40 km/h
Running performance: 4:39 min/km

Rank in course/Total: 27 (of 93)

Rank in course/Men: 25 (of 81)

Best time in course: 1:13:11

Rank in category: 7(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	16:00	4:50	8	2:19	26	3:43	3.30	16:00	4:50	12		78	
Lap 2	1.70	8:44	5:08	5	0:49	20	2:04	5.00	24:44	4:56	12		78	
Lap 3	2.10	7:58	3:47	4	0:40	15	1:34	7.10	32:42	4:36	12		78	
Lap 4	4.95	26:00	5:15	6	2:55	26	6:42	12.05	58:42	4:52	12		78	
Lap 5	3.65	17:03	4:40	6	2:20	25	4:24	15.70	1:15:45	4:49	12		78	
Lap 6	1.40	6:01	4:17	6	0:52	21	1:29	17.10	1:21:46	4:46	12		78	
Last lap Finish	3.70	15:01	4:03	6	2:43	26	3:40	20.80	1:36:47	4:39	7	11:19	25	23:36