



# 11. Deisterberglauf

Barsinghausen / 28.09.2014

## Detailed evaluation

**Grotrian, Martin**

Club: Hannover 96  
Number: 716

Course: 20.80 km  
Halbmarathon

Category:  
Senioren M40 (40-44 Jahre)

**Total time: 1:37:14**

Speed: 12.34 km/h  
Running performance: 4:40 min/km

Rank in course/Total: 28 (of 93)

Rank in course/Men: 26 (of 81)

Best time in course: 1:13:11

Rank in category: 8(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	15:02	4:33	6	1:21	19	2:45	3.30	15:02	4:33	11		77	
Lap 2	1.70	8:51	5:12	7	0:56	27	2:11	5.00	23:53	4:46	11		77	
Lap 3	2.10	8:14	3:55	7	0:56	19	1:50	7.10	32:07	4:31	11		77	
Lap 4	4.95	26:18	5:18	8	3:13	28	7:00	12.05	58:25	4:50	11		77	
Lap 5	3.65	17:14	4:43	8	2:31	27	4:35	15.70	1:15:39	4:49	11		77	
Lap 6	1.40	6:12	4:25	8	1:03	26	1:40	17.10	1:21:51	4:47	11		77	
Last lap Finish	3.70	15:23	4:09	8	3:05	29	4:02	20.80	1:37:14	4:40	8	11:46	26	24:03