



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Dösinger, Christian

Club: Hannover 96 Triathlon
Number: 791

Course: 20.80 km
Halbmarathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:37:47

Speed: 12.27 km/h
Running performance: 4:42 min/km

Rank in course/Total: 29 (of 93)

Rank in course/Men: 27 (of 81)

Best time in course: 1:13:11

Rank in category: 7(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	16:03	4:51	7	3:46	29	3:46	3.30	16:03	4:51	7	3:46	76	
Lap 2	1.70	8:54	5:14	7	2:14	28	2:14	5.00	24:57	4:59	7	6:00	76	
Lap 3	2.10	8:33	4:04	6	2:09	27	2:09	7.10	33:30	4:43	7	8:09	76	
Lap 4	4.95	25:08	5:04	7	5:50	22	5:50	12.05	58:38	4:51	7	13:59	76	
Lap 5	3.65	17:21	4:45	7	4:42	28	4:42	15.70	1:15:59	4:50	7	18:41	76	
Lap 6	1.40	6:03	4:19	5	1:31	22	1:31	17.10	1:22:02	4:47	7	20:12	76	
Last lap Finish	3.70	15:45	4:15	7	4:24	31	4:24	20.80	1:37:47	4:42	7	24:36	27	24:36