



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Fabig, Stephan

Club: Hannover 96 Triathlon
Number: 792

Course: 20.80 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:38:31

Speed: 12.18 km/h
Running performance: 4:44 min/km

Rank in course/Total: 30 (of 93)

Rank in course/Men: 28 (of 81)

Best time in course: 1:13:11

Rank in category: 6(of 19)

Best time in the category: 1:25:05

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	16:18	4:56	7	2:16	30	4:01	3.30	16:18	4:56	15		65	
Lap 2	1.70	9:06	5:21	7	1:02	33	2:26	5.00	25:24	5:04	15		75	
Lap 3	2.10	8:43	4:09	8	1:29	30	2:19	7.10	34:07	4:48	15		75	
Lap 4	4.95	26:26	5:20	7	3:47	29	7:08	12.05	1:00:33	5:01	15		75	
Lap 5	3.65	16:56	4:38	6	2:36	23	4:17	15.70	1:17:29	4:56	15		75	
Lap 6	1.40	6:09	4:23	6	1:01	25	1:37	17.10	1:23:38	4:53	15		75	
Last lap Finish	3.70	14:53	4:01	7	2:22	24	3:32	20.80	1:38:31	4:44	6	13:26	28	25:20