



# 11. Deisterberglauf

Barsinghausen / 28.09.2014

## Detailed evaluation

Winter, Frank

Club: Hannover 96 Triathlon  
Number: 793

Course: 20.80 km  
Halbmarathon

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:38:50

Speed: 12.14 km/h  
Running performance: 4:45 min/km

Rank in course/Total: 31 (of 93)

Rank in course/Men: 29 (of 81)

Best time in course: 1:13:11

Rank in category: 3(of 6)

Best time in the category: 1:30:33

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	15:25	4:40	2	0:32	22	3:08	3.30	15:25	4:40	3	0:32	73	
Lap 2	1.70	8:44	5:08	3	0:23	20	2:04	5.00	24:09	4:49	3	0:55	74	
Lap 3	2.10	8:14	3:55	2	0:11	19	1:50	7.10	32:23	4:33	3	1:06	74	
Lap 4	4.95	26:34	5:22	3	2:37	32	7:16	12.05	58:57	4:53	3	3:43	74	
Lap 5	3.65	17:41	4:50	4	2:07	33	5:02	15.70	1:16:38	4:52	3	5:50	74	
Lap 6	1.40	6:15	4:27	3	0:38	27	1:43	17.10	1:22:53	4:50	3	6:28	74	
Last lap Finish	3.70	15:57	4:18	4	1:49	35	4:36	20.80	1:38:50	4:45	3	8:17	29	25:39