



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Hagedorn, Volker

Club: Augathonis Hannover
Number: 717

Course: 20.80 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:39:35

Speed: 12.53 km/h
Running performance: 4:47 min/km

Rank in course/Total: 32 (of 93)

Rank in course/Men: 30 (of 81)

Best time in course: 1:13:11

Rank in category: 7(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	15:25	4:40	5	1:23	22	3:08	3.30	15:25	4:40	14		73	
Lap 2	1.70	8:47	5:10	6	0:43	24	2:07	5.00	24:12	4:50	14		73	
Lap 3	2.10	8:24	4:00	7	1:10	25	2:00	7.10	32:36	4:35	14		73	
Lap 4	4.95	25:41	5:11	6	3:02	23	6:23	12.05	58:17	4:50	14		73	
Lap 5	3.65	17:33	4:48	7	3:13	30	4:54	15.70	1:15:50	4:49	14		73	
Lap 6	1.40	6:33	4:40	9	1:25	39	2:01	17.10	1:22:23	4:49	14		73	
Last lap Finish	3.70	17:12	4:38	13	4:41	49	5:51	20.80	1:39:35	4:47	7	14:30	30	26:24