



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Gedanitz, Marcel

Club: PzGrenBtl 401
Number: 767

Course: 20.80 km
Halbmarathon

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:40:29

Speed: 11.94 km/h
Running performance: 4:50 min/km

Rank in course/Total: 33 (of 93)

Rank in course/Men: 31 (of 81)

Best time in course: 1:13:11

Rank in category: 4(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	16:02	4:51	4	1:09	27	3:45	3.30	16:02	4:51	4	1:09	46	
Lap 2	1.70	9:13	5:25	4	0:52	34	2:33	5.00	25:15	5:02	4	2:01	62	
Lap 3	2.10	9:38	4:35	4	1:35	47	3:14	7.10	34:53	4:54	4	3:36	62	
Lap 4	4.95	27:03	5:27	4	3:06	34	7:45	12.05	1:01:56	5:08	4	6:42	62	
Lap 5	3.65	17:21	4:45	3	1:47	28	4:42	15.70	1:19:17	5:02	4	8:29	62	
Lap 6	1.40	6:16	4:28	4	0:39	30	1:44	17.10	1:25:33	5:00	4	9:08	62	
Last lap Finish	3.70	14:56	4:02	3	0:48	25	3:35	20.80	1:40:29	4:49	4	9:56	31	27:18