



11. Deisterberglauf
Barsinghausen / 28.09.2014

Detailed evaluation

Stehle, Nick

Number: 766

Course: 20.80 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:41:14

Speed: 11.85 km/h

Running performance: 4:52 min/km

Rank in course/Total: 34 (of 93)

Rank in course/Men: 32 (of 81)

Best time in course: 1:13:11

Rank in category: 9(of 17)

Best time in the category: 1:25:28

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	16:22	4:57	9	2:41	32	4:05	3.30	16:22	4:57	1	-	71	
Lap 2	1.70	8:55	5:14	8	1:00	29	2:15	5.00	25:17	5:03	1	-	71	
Lap 3	2.10	9:05	4:19	10	1:47	37	2:41	7.10	34:22	4:50	1	-	71	
Lap 4	4.95	26:26	5:20	9	3:21	29	7:08	12.05	1:00:48	5:02	1	-	71	
Lap 5	3.65	18:04	4:56	9	3:21	35	5:25	15.70	1:18:52	5:01	1	-	71	
Lap 6	1.40	6:34	4:41	10	1:25	40	2:02	17.10	1:25:26	4:59	1	-	71	
Last lap Finish	3.70	15:48	4:16	9	3:30	33	4:27	20.80	1:41:14	4:52	9	15:46	32	28:03