



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Reeh, Gunther

Club: TSV Kirchdorf
Number: 746

Course: 20.80 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:42:03

Speed: 11.76 km/h
Running performance: 4:55 min/km

Rank in course/Total: 36 (of 93)

Rank in course/Men: 33 (of 81)

Best time in course: 1:13:11

Rank in category: 8(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	16:57	5:08	10	2:55	42	4:40	3.30	16:57	5:08	13	0:27	70	
Lap 2	1.70	9:23	5:31	8	1:19	39	2:43	5.00	26:20	5:15	13	0:14	70	
Lap 3	2.10	8:20	3:58	6	1:06	24	1:56	7.10	34:40	4:52	13		70	
Lap 4	4.95	28:35	5:46	9	5:56	41	9:17	12.05	1:03:15	5:14	13		70	
Lap 5	3.65	17:39	4:50	8	3:19	32	5:00	15.70	1:20:54	5:09	13		70	
Lap 6	1.40	6:21	4:32	7	1:13	33	1:49	17.10	1:27:15	5:06	13		70	
Last lap Finish	3.70	14:48	4:00	6	2:17	22	3:27	20.80	1:42:03	4:54	8	16:58	33	28:52