



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Janus, Jonathan

Club: Hannover
Number: 722

Course: 20.80 km
Halbmarathon

Category:
Männer (20-29 Jahre)

Total time: 1:42:08

Speed: 11.75 km/h
Running performance: 4:55 min/km

Rank in course/Total: 37 (of 93)

Rank in course/Men: 34 (of 81)

Best time in course: 1:13:11

Rank in category: 4(of 13)

Best time in the category: 1:15:42

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	16:30	5:00	4	4:10	35	4:13	3.30	16:30	5:00	3	4:10	20	
Lap 2	1.70	8:57	5:15	4	2:03	30	2:17	5.00	25:27	5:05	4	6:13	69	
Lap 3	2.10	9:07	4:20	5	2:37	39	2:43	7.10	34:34	4:52	4	8:50	69	
Lap 4	4.95	26:56	5:26	5	6:53	33	7:38	12.05	1:01:30	5:06	4	15:43	68	
Lap 5	3.65	18:14	4:59	4	4:48	36	5:35	15.70	1:19:44	5:04	4	20:31	69	
Lap 6	1.40	6:30	4:38	5	1:46	36	1:58	17.10	1:26:14	5:02	4	22:17	69	
Last lap Finish	3.70	15:54	4:17	5	4:09	34	4:33	20.80	1:42:08	4:54	4	26:26	34	28:57