



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Feller, Dominic

Club: Gehrden
Number: 711

Course: 20.80 km
Halbmarathon

Category:
Männer (20-29 Jahre)

Total time: 1:42:13

Speed: 11.74 km/h
Running performance: 4:55 min/km

Rank in course/Total: 38 (of 93)

Rank in course/Men: 35 (of 81)

Best time in course: 1:13:11

Rank in category: 5(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	16:29	4:59	3	4:09	34	4:12	3.30	16:29	4:59	5	4:09	68	
Lap 2	1.70	9:14	5:25	5	2:20	35	2:34	5.00	25:43	5:08	5	6:29	68	
Lap 3	2.10	9:17	4:25	6	2:47	42	2:53	7.10	35:00	4:55	5	9:16	68	
Lap 4	4.95	26:30	5:21	4	6:27	31	7:12	12.05	1:01:30	5:06	4	15:43	68	
Lap 5	3.65	18:55	5:10	5	5:29	42	6:16	15.70	1:20:25	5:07	5	21:12	68	
Lap 6	1.40	6:27	4:36	4	1:43	35	1:55	17.10	1:26:52	5:04	5	22:55	68	
Last lap Finish	3.70	15:21	4:08	4	3:36	28	4:00	20.80	1:42:13	4:54	5	26:31	35	29:02