



# 11. Deisterberglauf

Barsinghausen / 28.09.2014

## Detailed evaluation

**Plog, Dennis**

Club: PzGrenBtl 401  
Number: 743

Course: 20.80 km  
Halbmarathon

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:42:17

Speed: 11.73 km/h  
Running performance: 4:55 min/km

Rank in course/Total: 39 (of 93)

Rank in course/Men: 36 (of 81)

Best time in course: 1:13:11

Rank in category: 10(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	15:30	4:41	7	1:49	24	3:13	3.30	15:30	4:41	9		67	
Lap 2	1.70	9:21	5:30	10	1:26	36	2:41	5.00	24:51	4:58	9		67	
Lap 3	2.10	9:09	4:21	11	1:51	40	2:45	7.10	34:00	4:47	9		67	
Lap 4	4.95	28:14	5:42	11	5:09	38	8:56	12.05	1:02:14	5:09	9	1:26	67	
Lap 5	3.65	18:36	5:05	10	3:53	38	5:57	15.70	1:20:50	5:08	9	1:58	67	
Lap 6	1.40	6:17	4:29	9	1:08	31	1:45	17.10	1:27:07	5:05	9	1:41	67	
Last lap Finish	3.70	15:10	4:05	7	2:52	27	3:49	20.80	1:42:17	4:55	10	16:49	36	29:06