



11. Deisterberglauf
Barsinghausen / 28.09.2014

Detailed evaluation

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Number: 768

Course: 20.80 km
Halbmarathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:42:33

Speed: 11.70 km/h
Running performance: 4:56 min/km

Rank in course/Total: 40 (of 93)

Rank in course/Men: 37 (of 81)

Best time in course: 1:13:11

Rank in category: 8(of 13)

Best time in the category: 1:13:11

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	17:11	5:12	9	4:54	46	4:54	3.30	17:11	5:12	8	4:54	66	
Lap 2	1.70	9:48	5:45	10	3:08	46	3:08	5.00	26:59	5:23	8	8:02	66	
Lap 3	2.10	8:51	4:12	8	2:27	35	2:27	7.10	35:50	5:02	8	10:29	66	
Lap 4	4.95	27:56	5:38	8	8:38	36	8:38	12.05	1:03:46	5:17	8	19:07	66	
Lap 5	3.65	17:38	4:49	8	4:59	31	4:59	15.70	1:21:24	5:11	8	24:06	66	
Lap 6	1.40	6:19	4:30	8	1:47	32	1:47	17.10	1:27:43	5:07	8	25:53	66	
Last lap Finish	3.70	14:50	4:00	5	3:29	23	3:29	20.80	1:42:33	4:55	8	29:22	37	29:22