



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Richter, Frank

Club: Hannover Athletics
Number: 750

Course: 20.80 km
Halbmarathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:42:47

Speed: 11.68 km/h
Running performance: 4:56 min/km

Rank in course/Total: 41 (of 93)

Rank in course/Men: 38 (of 81)

Best time in course: 1:13:11

Rank in category: 3(of 10)

Best time in the category: 1:31:30

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	16:18	4:56	3	1:45	30	4:01	3.30	16:18	4:56	3	1:45	65	
Lap 2	1.70	9:04	5:19	3	0:36	32	2:24	5.00	25:22	5:04	3	2:21	65	
Lap 3	2.10	8:44	4:09	3	0:53	31	2:20	7.10	34:06	4:48	3	3:14	65	
Lap 4	4.95	28:41	5:47	3	4:01	42	9:23	12.05	1:02:47	5:12	3	7:15	65	
Lap 5	3.65	17:51	4:53	3	1:48	34	5:12	15.70	1:20:38	5:08	3	9:03	65	
Lap 6	1.40	6:24	4:34	3	0:34	34	1:52	17.10	1:27:02	5:05	3	9:37	65	
Last lap Finish	3.70	15:45	4:15	3	1:40	31	4:24	20.80	1:42:47	4:56	3	11:17	38	29:36