



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Schulz, Benjamin

Club: TSV Schulentburg
Number: 754

Course: 20.80 km
Halbmarathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:44:54

Speed: 11.44 km/h
Running performance: 5:02 min/km

Rank in course/Total: 44 (of 93)

Rank in course/Men: 40 (of 81)

Best time in course: 1:13:11

Rank in category: 9(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	16:45	5:04	8	4:28	38	4:28	3.30	16:45	5:04	9	4:28	32	
Lap 2	1.70	9:22	5:30	8	2:42	37	2:42	5.00	26:07	5:13	9	7:10	32	
Lap 3	2.10	9:06	4:19	9	2:42	38	2:42	7.10	35:13	4:57	9	9:52	63	
Lap 4	4.95	28:18	5:43	9	9:00	39	9:00	12.05	1:03:31	5:16	9	18:52	63	
Lap 5	3.65	18:50	5:09	9	6:11	41	6:11	15.70	1:22:21	5:14	9	25:03	32	
Lap 6	1.40	6:31	4:39	9	1:59	37	1:59	17.10	1:28:52	5:11	9	27:02	63	
Last lap Finish	3.70	16:02	4:20	9	4:41	37	4:41	20.80	1:44:54	5:02	9	31:43	40	31:43