



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

De Arriba, Gustavo

Club: DJK Sparta Langenhagen
Number: 794

Course: 20.80 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:45:12

Speed: 11.41 km/h
Running performance: 5:04 min/km

Rank in course/Total: 45 (of 93)

Rank in course/Men: 41 (of 81)

Best time in course: 1:13:11

Rank in category: 11(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	16:45	5:04	11	3:04	38	4:28	3.30	16:45	5:04	8	0:23	32	
Lap 2	1.70	9:22	5:30	11	1:27	37	2:42	5.00	26:07	5:13	8	0:50	32	
Lap 3	2.10	8:47	4:10	9	1:29	32	2:23	7.10	34:54	4:54	8	0:32	32	
Lap 4	4.95	28:48	5:49	13	5:43	43	9:30	12.05	1:03:42	5:17	8	2:54	32	
Lap 5	3.65	18:39	5:06	12	3:56	40	6:00	15.70	1:22:21	5:14	8	3:29	32	
Lap 6	1.40	6:34	4:41	10	1:25	40	2:02	17.10	1:28:55	5:11	8	3:29	32	
Last lap Finish	3.70	16:17	4:24	11	3:59	42	4:56	20.80	1:45:12	5:03	11	19:44	41	32:01