



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 |