



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Braemer, Lars

Club: TV Jahn Walsrode
Number: 706

Course: 20.80 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:46:32

Speed: 11.26 km/h
Running performance: 5:07 min/km

Rank in course/Total: 46 (of 93)

Rank in course/Men: 42 (of 81)

Best time in course: 1:13:11

Rank in category: 12(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	16:58	5:08	12	3:17	43	4:41	3.30	16:58	5:08	7	0:36	21	
Lap 2	1.70	9:51	5:47	13	1:56	47	3:11	5.00	26:49	5:21	7	1:32	21	
Lap 3	2.10	9:26	4:29	12	2:08	44	3:02	7.10	36:15	5:06	7	1:53	21	
Lap 4	4.95	28:18	5:43	12	5:13	39	9:00	12.05	1:04:33	5:21	7	3:45	21	
Lap 5	3.65	18:38	5:06	11	3:55	39	5:59	15.70	1:23:11	5:17	7	4:19	21	
Lap 6	1.40	6:42	4:47	13	1:33	45	2:10	17.10	1:29:53	5:15	7	4:27	21	
Last lap Finish	3.70	16:39	4:29	12	4:21	46	5:18	20.80	1:46:32	5:07	12	21:04	42	33:21