



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Kundrus, Martin

Club: TSV Barsinghausen
Number: 730

Course: 20.80 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:47:00

Speed: 11.66 km/h
Running performance: 5:08 min/km

Rank in course/Total: 47 (of 93)

Rank in course/Men: 43 (of 81)

Best time in course: 1:13:11

Rank in category: 10(of 19)

Best time in the category: 1:25:05

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	16:30	5:00	8	2:28	35	4:13	3.30	16:30	5:00	1	-	20	
Lap 2	1.70	9:36	5:38	10	1:32	42	2:56	5.00	26:06	5:13	1	-	20	
Lap 3	2.10	10:01	4:46	15	2:47	56	3:37	7.10	36:07	5:05	1	-	20	
Lap 4	4.95	28:50	5:49	10	6:11	45	9:32	12.05	1:04:57	5:23	1	-	20	
Lap 5	3.65	19:09	5:14	11	4:49	46	6:30	15.70	1:24:06	5:21	1	-	20	
Lap 6	1.40	6:38	4:44	10	1:30	44	2:06	17.10	1:30:44	5:18	1	-	20	
Last lap Finish	3.70	16:16	4:23	9	3:45	41	4:55	20.80	1:47:00	5:08	10	21:55	43	33:49