



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: 11.21 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 |