



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Teubener, Kai

Club: VfL Bückeberg
Number: 758

Course: 20.80 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:47:00

Speed: 11.21 km/h
Running performance: 5:08 min/km

Rank in course/Total: 48 (of 93)

Rank in course/Men: 44 (of 81)

Best time in course: 1:13:11

Rank in category: 13(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	17:45	5:22	13	4:04	47	5:28	3.30	17:45	5:22	6	1:23	14	
Lap 2	1.70	9:44	5:43	12	1:49	44	3:04	5.00	27:29	5:29	6	2:12	19	
Lap 3	2.10	9:35	4:33	13	2:17	46	3:11	7.10	37:04	5:13	6	2:42	19	
Lap 4	4.95	28:02	5:39	10	4:57	37	8:44	12.05	1:05:06	5:24	6	4:18	19	
Lap 5	3.65	19:02	5:12	13	4:19	45	6:23	15.70	1:24:08	5:21	6	5:16	19	
Lap 6	1.40	6:37	4:43	12	1:28	43	2:05	17.10	1:30:45	5:18	6	5:19	19	
Last lap Finish	3.70	16:15	4:23	10	3:57	39	4:54	20.80	1:47:00	5:08	13	21:32	43	33:49