



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Zipper, Wolfgang

Club: Langenhagen
Number: 765

Course: 20.80 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:48:20

Speed: 11.08 km/h
Running performance: 5:13 min/km

Rank in course/Total: 50 (of 93)

Rank in course/Men: 45 (of 81)

Best time in course: 1:13:11

Rank in category: 11(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	17:04	5:10	11	3:02	44	4:47	3.30	17:04	5:10	10	0:34	18	
Lap 2	1.70	9:46	5:44	11	1:42	45	3:06	5.00	26:50	5:21	10	0:44	18	
Lap 3	2.10	8:50	4:12	9	1:36	33	2:26	7.10	35:40	5:01	10		18	
Lap 4	4.95	29:33	5:58	12	6:54	49	10:15	12.05	1:05:13	5:24	10	0:16	18	
Lap 5	3.65	19:53	5:26	12	5:33	50	7:14	15.70	1:25:06	5:25	10	1:00	18	
Lap 6	1.40	6:52	4:54	12	1:44	49	2:20	17.10	1:31:58	5:22	10	1:14	18	
Last lap Finish	3.70	16:22	4:25	10	3:51	43	5:01	20.80	1:48:20	5:12	11	23:15	45	35:09