



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Klose, Sven Anton

Club: Hannover
Number: 726

Course: 20.80 km
Halbmarathon

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:48:29

Speed: 11.06 km/h
Running performance: 5:13 min/km

Rank in course/Total: 52 (of 93)

Rank in course/Men: 46 (of 81)

Best time in course: 1:13:11

Rank in category: 5(of 6)

Best time in the category: 1:30:33

| 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 | 18:10 | 5:30 | 5 | 3:17 | 51 | 5:53 | 3.30 | 18:10 | 5:30 | 5 | 3:17 | 17 | |
| Lap 2 | 1.70 | 10:05 | 5:55 | 5 | 1:44 | 49 | 3:25 | 5.00 | 28:15 | 5:39 | 5 | 5:01 | 17 | |
| Lap 3 | 2.10 | 9:38 | 4:35 | 4 | 1:35 | 47 | 3:14 | 7.10 | 37:53 | 5:20 | 5 | 6:36 | 17 | |
| Lap 4 | 4.95 | 28:48 | 5:49 | 5 | 4:51 | 43 | 9:30 | 12.05 | 1:06:41 | 5:32 | 5 | 11:27 | 17 | |
| Lap 5 | 3.65 | 19:01 | 5:12 | 5 | 3:27 | 43 | 6:22 | 15.70 | 1:25:42 | 5:27 | 5 | 14:54 | 17 | |
| Lap 6 | 1.40 | 6:35 | 4:42 | 5 | 0:58 | 42 | 2:03 | 17.10 | 1:32:17 | 5:23 | 5 | 15:52 | 17 | |
| Last lap Finish | 3.70 | 16:12 | 4:22 | 5 | 2:04 | 38 | 4:51 | 20.80 | 1:48:29 | 5:12 | 5 | 17:56 | 46 | 35:18 |