



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

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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