



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Lutz, Rüdiger

Club: W98

Number: 783

Course: 20.80 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:49:17

Speed: 10.98 km/h

Running performance: 5:15 min/km

Rank in course/Total: 54 (of 93)

Rank in course/Men: 47 (of 81)

Best time in course: 1:13:11

Rank in category: 12(of 19)

Best time in the category: 1:25:05

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking						
	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	18:13	5:31	12	4:11	52	5:56	3.30	18:13	5:31	9	1:43	16		
Lap 2	1.70	10:04	5:55	12	2:00	48	3:24	5.00	28:17	5:39	9	2:11	16		
Lap 3	2.10	9:38	4:35	11	2:24	47	3:14	7.10	37:55	5:20	9	1:48	16		
Lap 4	4.95	29:00	5:51	11	6:21	46	9:42	12.05	1:06:55	5:33	9	1:58	16		
Lap 5	3.65	19:01	5:12	10	4:41	43	6:22	15.70	1:25:56	5:28	9	1:50	16		
Lap 6	1.40	6:45	4:49	11	1:37	46	2:13	17.10	1:32:41	5:25	9	1:57	16		
Last lap Finish	3.70	16:36	4:29	11	4:05	45	5:15	20.80	1:49:17	5:15	12	24:12	47	36:06	