



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Harmening, Manfred

Club: VfL Bückeberg
Number: 718

Course: 20.80 km
Halbmarathon

Category:
Senioren M65 (65-69 Jahre)

Total time: 1:50:29

Speed: 10.86 km/h
Running performance: 5:19 min/km

Rank in course/Total: 55 (of 93)

Rank in course/Men: 48 (of 81)

Best time in course: 1:13:11

Rank in category: 1(of 2)

Best time in the category: 1:50:29

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	1	-	47	5:28	3.30	17:45	5:22	1	-	14	
Lap 2	1.70	10:12	6:00	1	-	51	3:32	5.00	27:57	5:35	1	-	15	
Lap 3	2.10	9:41	4:36	1	-	52	3:17	7.10	37:38	5:18	1	-	15	
Lap 4	4.95	30:02	6:04	1	-	51	10:44	12.05	1:07:40	5:36	1	-	15	
Lap 5	3.65	19:34	5:21	1	-	49	6:55	15.70	1:27:14	5:33	1	-	15	
Lap 6	1.40	6:46	4:50	1	-	47	2:14	17.10	1:34:00	5:29	1	-	15	
Last lap Finish	3.70	16:29	4:27	1	-	44	5:08	20.80	1:50:29	5:18	1	-	48	37:18