



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Beckmann-Loeks, Torsten

Club: Barsinghausen
Number: 702

Course: 20.80 km
Halbmarathon

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:53:12

Speed: 10.60 km/h
Running performance: 5:26 min/km

Rank in course/Total: 57 (of 93)

Rank in course/Men: 50 (of 81)

Best time in course: 1:13:11

Rank in category: 6(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	19:11	5:48	6	4:18	59	6:54	3.30	19:11	5:48	6	4:18	13	
Lap 2	1.70	10:10	5:58	6	1:49	50	3:30	5.00	29:21	5:52	6	6:07	13	
Lap 3	2.10	10:03	4:47	6	2:00	57	3:39	7.10	39:24	5:32	6	8:07	13	
Lap 4	4.95	29:00	5:51	6	5:03	46	9:42	12.05	1:08:24	5:40	6	13:10	13	
Lap 5	3.65	19:32	5:21	6	3:58	48	6:53	15.70	1:27:56	5:36	6	17:08	13	
Lap 6	1.40	7:06	5:04	6	1:29	51	2:34	17.10	1:35:02	5:33	6	18:37	13	
Last lap Finish	3.70	18:10	4:54	6	4:02	62	6:49	20.80	1:53:12	5:26	6	22:39	50	40:01