



# 11. Deisterberglauf

Barsinghausen / 28.09.2014

## Detailed evaluation

Gebauer, Jan

Club: Hannover  
Number: 714

Course: 20.80 km  
Halbmarathon

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:53:59

Speed: 10.53 km/h  
Running performance: 5:29 min/km

Rank in course/Total: 58 (of 93)

Rank in course/Men: 51 (of 81)

Best time in course: 1:13:11

Rank in category: 14(of 17)

Best time in the category: 1:25:28

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	19:15	5:50	16	5:34	63	6:58	3.30	19:15	5:50	5	2:53	1	-
Lap 2	1.70	10:37	6:14	15	2:42	56	3:57	5.00	29:52	5:58	5	4:35	1	-
Lap 3	2.10	10:54	5:11	16	3:36	67	4:30	7.10	40:46	5:44	5	6:24	1	-
Lap 4	4.95	29:36	5:58	14	6:31	50	10:18	12.05	1:10:22	5:50	5	9:34	1	-
Lap 5	3.65	19:28	5:19	14	4:45	47	6:49	15.70	1:29:50	5:43	5	10:58	1	-
Lap 6	1.40	6:50	4:52	14	1:41	48	2:18	17.10	1:36:40	5:39	5	11:14	1	-
Last lap Finish	3.70	17:19	4:40	14	5:01	52	5:58	20.80	1:53:59	5:28	14	28:31	51	40:48