



11. Deisterberglauf  
Barsinghausen / 28.09.2014

Detailed evaluation

Rahm, Lars

Number: 779

Course: 20.80 km  
Halbmarathon

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:54:16

Speed: 10.50 km/h

Running performance: 5:29 min/km

Rank in course/Total: 59 (of 93)

Rank in course/Men: 52 (of 81)

Best time in course: 1:13:11

Rank in category: 15(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	18:15	5:31	14	4:34	53	5:58	3.30	18:15	5:31	4	1:53	11	
Lap 2	1.70	10:57	6:26	16	3:02	65	4:17	5.00	29:12	5:50	4	3:55	11	
Lap 3	2.10	10:04	4:47	15	2:46	58	3:40	7.10	39:16	5:31	4	4:54	11	
Lap 4	4.95	30:34	6:10	15	7:29	55	11:16	12.05	1:09:50	5:47	4	9:02	11	
Lap 5	3.65	20:01	5:29	15	5:18	52	7:22	15.70	1:29:51	5:43	4	10:59	11	0:01
Lap 6	1.40	6:53	4:55	15	1:44	50	2:21	17.10	1:36:44	5:39	4	11:18	11	0:04
Last lap Finish	3.70	17:32	4:44	15	5:14	53	6:11	20.80	1:54:16	5:29	15	28:48	52	41:05