



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Relge, Roman

Club: Hannover
Number: 749

Course: 20.80 km
Halbmarathon

Category:
Männer (20-29 Jahre)

Total time: 1:54:38

Speed: 10.47 km/h
Running performance: 5:31 min/km

Rank in course/Total: 60 (of 93)

Rank in course/Men: 53 (of 81)

Best time in course: 1:13:11

Rank in category: 6(of 13)

Best time in the category: 1:15:42

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	19:17	5:50	10	6:57	67	7:00	3.30	19:17	5:50	6	6:57	10	0:02
Lap 2	1.70	11:04	6:30	8	4:10	68	4:24	5.00	30:21	6:04	6	11:07	10	0:29
Lap 3	2.10	9:23	4:28	7	2:53	43	2:59	7.10	39:44	5:35	6	14:00	10	
Lap 4	4.95	30:26	6:08	7	10:23	53	11:08	12.05	1:10:10	5:49	6	24:23	10	
Lap 5	3.65	20:00	5:28	6	6:34	51	7:21	15.70	1:30:10	5:44	6	30:57	10	0:20
Lap 6	1.40	7:13	5:09	6	2:29	57	2:41	17.10	1:37:23	5:41	6	33:26	10	0:43
Last lap Finish	3.70	17:15	4:39	6	5:30	50	5:54	20.80	1:54:38	5:30	6	38:56	53	41:27