



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Meyer, Jörg

Club: Hameln
Number: 736

Course: 20.80 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:55:07

Speed: 10.42 km/h
Running performance: 5:32 min/km

Rank in course/Total: 61 (of 93)

Rank in course/Men: 54 (of 81)

Best time in course: 1:13:11

Rank in category: 13(of 19)

Best time in the category: 1:25:05

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	18:37	5:38	13	4:35	54	6:20	3.30	18:37	5:38	8	2:07	9	
Lap 2	1.70	10:41	6:17	14	2:37	59	4:01	5.00	29:18	5:51	8	3:12	9	
Lap 3	2.10	10:00	4:45	14	2:46	55	3:36	7.10	39:18	5:32	8	3:11	9	
Lap 4	4.95	30:36	6:10	13	7:57	56	11:18	12.05	1:09:54	5:48	8	4:57	9	
Lap 5	3.65	20:07	5:30	13	5:47	53	7:28	15.70	1:30:01	5:44	8	5:55	9	0:11
Lap 6	1.40	7:14	5:10	14	2:06	59	2:42	17.10	1:37:15	5:41	8	6:31	9	0:35
Last lap Finish	3.70	17:52	4:49	15	5:21	58	6:31	20.80	1:55:07	5:32	13	30:02	54	41:56