



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Modrow, Gerd

Club: VHV Versicherungen
Number: 737

Course: 20.80 km
Halbmarathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:55:30

Speed: 10.81 km/h
Running performance: 5:33 min/km

Rank in course/Total: 62 (of 93)

Rank in course/Men: 55 (of 81)

Best time in course: 1:13:11

Rank in category: 4(of 10)

Best time in the category: 1:31:30

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	19:13	5:49	7	4:40	60	6:56	3.30	19:13	5:49	4	4:40	8	
Lap 2	1.70	10:36	6:14	5	2:08	55	3:56	5.00	29:49	5:57	4	6:48	8	
Lap 3	2.10	9:33	4:32	4	1:42	45	3:09	7.10	39:22	5:32	4	8:30	8	
Lap 4	4.95	30:33	6:10	4	5:53	54	11:15	12.05	1:09:55	5:48	4	14:23	8	
Lap 5	3.65	20:58	5:44	4	4:55	61	8:19	15.70	1:30:53	5:47	4	19:18	8	1:03
Lap 6	1.40	7:20	5:14	7	1:30	61	2:48	17.10	1:38:13	5:44	4	20:48	8	1:33
Last lap Finish	3.70	17:17	4:40	4	3:12	51	5:56	20.80	1:55:30	5:33	4	24:00	55	42:19