



# 11. Deisterberglauf

Barsinghausen / 28.09.2014

## Detailed evaluation

Schrenner, Jens

Club: Elan Barsinghausen  
Number: 753

Course: 20.80 km  
Halbmarathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:56:18

Speed: 10.32 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 63 (of 93)

Rank in course/Men: 56 (of 81)

Best time in course: 1:13:11

Rank in category: 14(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	18:50	5:42	14	4:48	57	6:33	3.30	18:50	5:42	7	2:20	7	
Lap 2	1.70	10:33	6:12	13	2:29	53	3:53	5.00	29:23	5:52	7	3:17	7	
Lap 3	2.10	9:51	4:41	13	2:37	54	3:27	7.10	39:14	5:31	7	3:07	7	
Lap 4	4.95	30:57	6:15	14	8:18	57	11:39	12.05	1:10:11	5:49	7	5:14	7	
Lap 5	3.65	20:21	5:34	15	6:01	56	7:42	15.70	1:30:32	5:45	7	6:26	7	0:42
Lap 6	1.40	7:16	5:11	15	2:08	60	2:44	17.10	1:37:48	5:43	7	7:04	7	1:08
Last lap Finish	3.70	18:30	5:00	17	5:59	63	7:09	20.80	1:56:18	5:35	14	31:13	56	43:07