



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Hahne, Christian

Club: Family2Move
Number: 787

Course: 20.80 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:57:13

Speed: 10.24 km/h
Running performance: 5:38 min/km

Rank in course/Total: 64 (of 93)

Rank in course/Men: 57 (of 81)

Best time in course: 1:13:11

Rank in category: 15(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	19:45	5:59	17	5:43	69	7:28	3.30	19:45	5:59	6	3:15	6	0:30
Lap 2	1.70	10:50	6:22	16	2:46	63	4:10	5.00	30:35	6:06	6	4:29	6	0:43
Lap 3	2.10	9:39	4:35	12	2:25	50	3:15	7.10	40:14	5:40	6	4:07	6	
Lap 4	4.95	32:31	6:34	17	9:52	68	13:13	12.05	1:12:45	6:02	6	7:48	6	2:23
Lap 5	3.65	20:16	5:33	14	5:56	55	7:37	15.70	1:33:01	5:55	6	8:55	6	3:11
Lap 6	1.40	7:07	5:04	13	1:59	54	2:35	17.10	1:40:08	5:51	6	9:24	6	3:28
Last lap Finish	3.70	17:05	4:37	12	4:34	48	5:44	20.80	1:57:13	5:38	15	32:08	57	44:02