



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Isleib, Sören

Club: BSG Chemie Leipzig
Number: 720

Course: 20.80 km
Halbmarathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:57:50

Speed: 10.18 km/h
Running performance: 5:40 min/km

Rank in course/Total: 65 (of 93)

Rank in course/Men: 58 (of 81)

Best time in course: 1:13:11

Rank in category: 11(of 13)

Best time in the category: 1:13:11

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	19:15	5:50	11	6:58	63	6:58	3.30	19:15	5:50	11	6:58	1	-
Lap 2	1.70	10:38	6:15	11	3:58	57	3:58	5.00	29:53	5:58	11	10:56	5	0:01
Lap 3	2.10	10:52	5:10	12	4:28	66	4:28	7.10	40:45	5:44	11	15:24	3	
Lap 4	4.95	31:28	6:21	11	12:10	62	12:10	12.05	1:12:13	5:59	11	27:34	5	1:51
Lap 5	3.65	20:55	5:43	11	8:16	59	8:16	15.70	1:33:08	5:55	11	35:50	5	3:18
Lap 6	1.40	7:08	5:05	11	2:36	55	2:36	17.10	1:40:16	5:51	11	38:26	5	3:36
Last lap Finish	3.70	17:34	4:44	10	6:13	54	6:13	20.80	1:57:50	5:39	11	44:39	58	44:39