



# 11. Deisterberglauf

Barsinghausen / 28.09.2014

## Detailed evaluation

Weise, Paul

Club: PZGrenBtl 401  
Number: 774

Course: 20.80 km  
Halbmarathon

Category:  
Männer (20-29 Jahre)

Total time: 1:57:54

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

Rank in course/Total: 66 (of 93)

Rank in course/Men: 59 (of 81)

Best time in course: 1:13:11

Rank in category: 7(of 13)

Best time in the category: 1:15:42

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	16:49	5:05	6	4:29	40	4:32	3.30	16:49	5:05	7	4:29	4	
Lap 2	1.70	9:37	5:39	6	2:43	43	2:57	5.00	26:26	5:17	7	7:12	4	
Lap 3	2.10	9:00	4:17	4	2:30	36	2:36	7.10	35:26	4:59	7	9:42	4	
Lap 4	4.95	30:59	6:15	8	10:56	59	11:41	12.05	1:06:25	5:30	7	20:38	4	
Lap 5	3.65	21:32	5:53	8	8:06	67	8:53	15.70	1:27:57	5:36	7	28:44	4	
Lap 6	1.40	8:35	6:07	9	3:51	71	4:03	17.10	1:36:32	5:38	7	32:35	4	
Last lap Finish	3.70	21:22	5:46	11	9:37	75	10:01	20.80	1:57:54	5:40	7	42:12	59	44:43