



11. Deisterberglauf  
Barsinghausen / 28.09.2014

Detailed evaluation

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Number: 788

Course: 20.80 km  
Halbmarathon

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:57:57

Speed: 10.17 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 67 (of 93)

Rank in course/Men: 60 (of 81)

Best time in course: 1:13:11

Rank in category: 12(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	10:39	6:15	12	3:59	58	3:59	5.00	29:54	5:58	12	10:57	3	0:02
Lap 3	2.10	10:51	5:09	11	4:27	65	4:27	7.10	40:45	5:44	11	15:24	3	
Lap 4	4.95	31:29	6:21	12	12:11	63	12:11	12.05	1:12:14	5:59	12	27:35	3	1:52
Lap 5	3.65	20:55	5:43	11	8:16	59	8:16	15.70	1:33:09	5:55	12	35:51	3	3:19
Lap 6	1.40	7:06	5:04	10	2:34	51	2:34	17.10	1:40:15	5:51	12	38:25	3	3:35
Last lap Finish	3.70	17:42	4:47	11	6:21	55	6:21	20.80	1:57:57	5:40	12	44:46	60	44:46