



11. Deisterberglauf
Barsinghausen / 28.09.2014

Detailed evaluation

Haus, Andreas

Number: 780

Course: 20.80 km
Halbmarathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:58:08

Speed: 10.56 km/h
Running performance: 5:41 min/km

Rank in course/Total: 68 (of 93)

Rank in course/Men: 61 (of 81)

Best time in course: 1:13:11

Rank in category: 5(of 10)

Best time in the category: 1:31:30

| 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 | 18:02 | 5:27 | 4 | 3:29 | 50 | 5:45 | 3.30 | 18:02 | 5:27 | 5 | 3:29 | 2 | |
| Lap 2 | 1.70 | 10:34 | 6:12 | 4 | 2:06 | 54 | 3:54 | 5.00 | 28:36 | 5:43 | 5 | 5:35 | 2 | |
| Lap 3 | 2.10 | 10:35 | 5:02 | 6 | 2:44 | 62 | 4:11 | 7.10 | 39:11 | 5:31 | 5 | 8:19 | 2 | |
| Lap 4 | 4.95 | 30:58 | 6:15 | 5 | 6:18 | 58 | 11:40 | 12.05 | 1:10:09 | 5:49 | 5 | 14:37 | 2 | |
| Lap 5 | 3.65 | 21:17 | 5:49 | 6 | 5:14 | 63 | 8:38 | 15.70 | 1:31:26 | 5:49 | 5 | 19:51 | 2 | 1:36 |
| Lap 6 | 1.40 | 7:11 | 5:07 | 5 | 1:21 | 56 | 2:39 | 17.10 | 1:38:37 | 5:46 | 5 | 21:12 | 2 | 1:57 |
| Last lap Finish | 3.70 | 19:31 | 5:16 | 8 | 5:26 | 69 | 8:10 | 20.80 | 1:58:08 | 5:40 | 5 | 26:38 | 61 | 44:57 |