



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: 10.16 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