



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Paetz, Jens-Olaf

Club: Springe
Number: 742

Course: 20.80 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:59:06

Speed: 10.08 km/h
Running performance: 5:44 min/km

Rank in course/Total: 69 (of 93)

Rank in course/Men: 62 (of 81)

Best time in course: 1:13:11

Rank in category: 16(of 19)

Best time in the category: 1:25:05

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	19:57	6:02	18	5:55	71	7:40	3.30	19:57	6:02	5	3:27	12	0:42
Lap 2	1.70	10:58	6:27	17	2:54	67	4:18	5.00	30:55	6:11	5	4:49	12	1:03
Lap 3	2.10	10:58	5:13	17	3:44	69	4:34	7.10	41:53	5:53	5	5:46	12	1:07
Lap 4	4.95	31:27	6:21	16	8:48	61	12:09	12.05	1:13:20	6:05	5	8:23	12	2:58
Lap 5	3.65	20:32	5:37	16	6:12	57	7:53	15.70	1:33:52	5:58	5	9:46	12	4:02
Lap 6	1.40	7:32	5:22	17	2:24	64	3:00	17.10	1:41:24	5:55	5	10:40	12	4:44
Last lap Finish	3.70	17:42	4:47	14	5:11	55	6:21	20.80	1:59:06	5:43	16	34:01	62	45:55