



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 | | Pos | Behind | Pos | | Total | Total | Total | Pos | Behind | Pos | Behind | |
|-----------------|-------|-------|------|--------|--------|------|-------|-------|---------|------|--------|-------|--------|-------|
| | km | Time | | | min/km | Cat. | | | | | | | | Cat. |
| 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 |