



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Walz, Marc

Club: Hannover
Number: 760

Course: 20.80 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:59:29

Speed: 10.04 km/h
Running performance: 5:44 min/km

Rank in course/Total: 70 (of 93)

Rank in course/Men: 63 (of 81)

Best time in course: 1:13:11

Rank in category: 16(of 17)

Best time in the category: 1:25:28

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	19:13	5:49	15	5:32	60	6:56	3.30	19:13	5:49	3	2:51	8	
Lap 2	1.70	10:23	6:06	14	2:28	52	3:43	5.00	29:36	5:55	3	4:19	41	
Lap 3	2.10	9:46	4:39	14	2:28	53	3:22	7.10	39:22	5:32	3	5:00	8	
Lap 4	4.95	31:33	6:22	16	8:28	64	12:15	12.05	1:10:55	5:53	3	10:07	41	0:33
Lap 5	3.65	20:44	5:40	16	6:01	58	8:05	15.70	1:31:39	5:50	3	12:47	41	1:49
Lap 6	1.40	7:38	5:27	17	2:29	67	3:06	17.10	1:39:17	5:48	3	13:51	41	2:37
Last lap Finish	3.70	20:12	5:27	17	7:54	71	8:51	20.80	1:59:29	5:44	16	34:01	63	46:18