



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Lang, Helmut

Club: Hannover
Number: 734

Course: 20.80 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:01:03

Speed: 10.31 km/h
Running performance: 5:49 min/km

Rank in course/Total: 73 (of 93)

Rank in course/Men: 64 (of 81)

Best time in course: 1:13:11

Rank in category: 17(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	19:15	5:50	15	5:13	63	6:58	3.30	19:15	5:50	4	2:45	1	-
Lap 2	1.70	10:44	6:18	15	2:40	62	4:04	5.00	29:59	5:59	4	3:53	40	0:07
Lap 3	2.10	10:48	5:08	16	3:34	64	4:24	7.10	40:47	5:44	4	4:40	40	0:01
Lap 4	4.95	31:26	6:21	15	8:47	60	12:08	12.05	1:12:13	5:59	4	7:16	5	1:51
Lap 5	3.65	21:24	5:51	17	7:04	65	8:45	15.70	1:33:37	5:57	4	9:31	40	3:47
Lap 6	1.40	7:46	5:32	18	2:38	68	3:14	17.10	1:41:23	5:55	4	10:39	40	4:43
Last lap Finish	3.70	19:40	5:18	18	7:09	70	8:19	20.80	2:01:03	5:49	17	35:58	64	47:52