



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: 9.91 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 |