



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Beck, Reiner

Club: Post SV Lehrte
Number: 701

Course: 20.80 km
Halbmarathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:01:33

Speed: 9.87 km/h
Running performance: 5:50 min/km

Rank in course/Total: 74 (of 93)

Rank in course/Men: 65 (of 81)

Best time in course: 1:13:11

Rank in category: 6(of 10)

Best time in the category: 1:31:30

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	20:06	6:05	9	5:33	72	7:49	3.30	20:06	6:05	6	5:33	39	0:51
Lap 2	1.70	12:21	7:15	10	3:53	75	5:41	5.00	32:27	6:29	6	9:26	39	2:35
Lap 3	2.10	10:37	5:03	7	2:46	63	4:13	7.10	43:04	6:03	6	12:12	39	2:18
Lap 4	4.95	32:34	6:34	6	7:54	69	13:16	12.05	1:15:38	6:16	6	20:06	39	5:16
Lap 5	3.65	20:59	5:44	5	4:56	62	8:20	15.70	1:36:37	6:09	6	25:02	39	6:47
Lap 6	1.40	7:13	5:09	6	1:23	57	2:41	17.10	1:43:50	6:04	6	26:25	39	7:10
Last lap Finish	3.70	17:43	4:47	5	3:38	57	6:22	20.80	2:01:33	5:50	6	30:03	65	48:22