



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Kraaz, Udo

Club: Uelzen

Number: 727

Course: 20.80 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:02:32

Speed: 9.79 km/h

Running performance: 5:53 min/km

Rank in course/Total: 75 (of 93)

Rank in course/Men: 66 (of 81)

Best time in course: 1:13:11

Rank in category: 18(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. | Stage score | | Total ranking | | | | | | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Lap 1 | 3.30 | 19:28 | 5:53 | 16 | 5:26 | 68 | 7:11 | 3.30 | 19:28 | 5:53 | 3 | 2:58 | 38 | 0:13 |
| Lap 2 | 1.70 | 11:21 | 6:40 | 18 | 3:17 | 71 | 4:41 | 5.00 | 30:49 | 6:09 | 3 | 4:43 | 38 | 0:57 |
| Lap 3 | 2.10 | 11:30 | 5:28 | 19 | 4:16 | 74 | 5:06 | 7.10 | 42:19 | 5:57 | 3 | 6:12 | 38 | 1:33 |
| Lap 4 | 4.95 | 33:17 | 6:43 | 18 | 10:38 | 70 | 13:59 | 12.05 | 1:15:36 | 6:16 | 3 | 10:39 | 38 | 5:14 |
| Lap 5 | 3.65 | 21:32 | 5:53 | 18 | 7:12 | 67 | 8:53 | 15.70 | 1:37:08 | 6:11 | 3 | 13:02 | 38 | 7:18 |
| Lap 6 | 1.40 | 7:28 | 5:20 | 16 | 2:20 | 63 | 2:56 | 17.10 | 1:44:36 | 6:07 | 3 | 13:52 | 38 | 7:56 |
| Last lap Finish | 3.70 | 17:56 | 4:50 | 16 | 5:25 | 59 | 6:35 | 20.80 | 2:02:32 | 5:53 | 18 | 37:27 | 66 | 49:21 |