



# 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.	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