



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Siegel, Kai

Club: Team ERDINGER Alkoholfrei
Number: 756

Course: 20.80 km
Halbmarathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:02:47

Speed: 9.77 km/h
Running performance: 5:54 min/km

Rank in course/Total: 76 (of 93)

Rank in course/Men: 67 (of 81)

Best time in course: 1:13:11

Rank in category: 7(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	19:45	5:59	8	5:12	69	7:28	3.30	19:45	5:59	7	5:12	6	0:30
Lap 2	1.70	10:57	6:26	8	2:29	65	4:17	5.00	30:42	6:08	7	7:41	37	0:50
Lap 3	2.10	10:54	5:11	8	3:03	67	4:30	7.10	41:36	5:51	7	10:44	37	0:50
Lap 4	4.95	34:01	6:52	8	9:21	72	14:43	12.05	1:15:37	6:16	7	20:05	37	5:15
Lap 5	3.65	21:28	5:52	7	5:25	66	8:49	15.70	1:37:05	6:11	7	25:30	37	7:15
Lap 6	1.40	7:06	5:04	4	1:16	51	2:34	17.10	1:44:11	6:05	7	26:46	37	7:31
Last lap Finish	3.70	18:36	5:01	6	4:31	65	7:15	20.80	2:02:47	5:54	7	31:17	67	49:36