



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 |