



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Wandel, Tobias

Club: PZGrenBtl 401
Number: 795

Course: 20.80 km
Halbmarathon

Category:
Männer (20-29 Jahre)

Total time: 2:03:01

Speed: 9.75 km/h
Running performance: 5:55 min/km

Rank in course/Total: 77 (of 93)

Rank in course/Men: 68 (of 81)

Best time in course: 1:13:11

Rank in category: 8(of 13)

Best time in the category: 1:15:42

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	17:05	5:10	7	4:45	45	4:48	3.30	17:05	5:10	8	4:45	36	
Lap 2	1.70	11:24	6:42	10	4:30	72	4:44	5.00	28:29	5:41	8	9:15	36	
Lap 3	2.10	10:06	4:48	8	3:36	60	3:42	7.10	38:35	5:26	8	12:51	36	
Lap 4	4.95	32:18	6:31	10	12:15	67	13:00	12.05	1:10:53	5:52	8	25:06	36	0:31
Lap 5	3.65	21:17	5:49	7	7:51	63	8:38	15.70	1:32:10	5:52	8	32:57	36	2:20
Lap 6	1.40	12:44	9:05	12	8:00	80	8:12	17.10	1:44:54	6:08	8	40:57	35	8:14
Last lap Finish	3.70	18:07	4:53	7	6:22	60	6:46	20.80	2:03:01	5:54	8	47:19	68	49:50