



# 11. Deisterberglauf

Barsinghausen / 28.09.2014

## Detailed evaluation

**Weiß, Christian**

Club: PzGrenBtl 401  
Number: 772

Course: 20.80 km  
Halbmarathon

Category:  
Männer (20-29 Jahre)

Total time: 2:03:02

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

Rank in course/Total: 78 (of 93)

Rank in course/Men: 69 (of 81)

Best time in course: 1:13:11

Rank in category: 9(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	18:40	5:39	8	6:20	55	6:23	3.30	18:40	5:39	9	6:20	35	
Lap 2	1.70	10:41	6:17	7	3:47	59	4:01	5.00	29:21	5:52	9	10:07	13	
Lap 3	2.10	10:16	4:53	9	3:46	61	3:52	7.10	39:37	5:34	9	13:53	35	
Lap 4	4.95	30:14	6:06	6	10:11	52	10:56	12.05	1:09:51	5:47	9	24:04	35	
Lap 5	3.65	21:43	5:56	10	8:17	71	9:04	15.70	1:31:34	5:49	9	32:21	35	1:44
Lap 6	1.40	13:20	9:31	13	8:36	81	8:48	17.10	1:44:54	6:08	8	40:57	35	8:14
Last lap Finish	3.70	18:08	4:54	8	6:23	61	6:47	20.80	2:03:02	5:54	9	47:20	69	49:51