



# 11. Deisterberglauf

Barsinghausen / 28.09.2014

## Detailed evaluation

Schulz-Stavenhagen, Thomas

Club: Hannover  
Number: 755

Course: 20.80 km  
Halbmarathon

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:03:11

Speed: 9.74 km/h  
Running performance: 5:55 min/km

Rank in course/Total: 80 (of 93)

Rank in course/Men: 71 (of 81)

Best time in course: 1:13:11

Rank in category: 17(of 17)

Best time in the category: 1:25:28

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	20:19	6:09	17	6:38	73	8:02	3.30	20:19	6:09	2	3:57	33	1:04
Lap 2	1.70	11:06	6:31	17	3:11	69	4:26	5.00	31:25	6:16	2	6:08	33	1:33
Lap 3	2.10	11:17	5:22	17	3:59	71	4:53	7.10	42:42	6:00	2	8:20	33	1:56
Lap 4	4.95	32:02	6:28	17	8:57	65	12:44	12.05	1:14:44	6:12	2	13:56	34	4:22
Lap 5	3.65	21:37	5:55	17	6:54	70	8:58	15.70	1:36:21	6:08	2	17:29	33	6:31
Lap 6	1.40	7:36	5:25	16	2:27	65	3:04	17.10	1:43:57	6:04	2	18:31	34	7:17
Last lap Finish	3.70	19:14	5:11	16	6:56	68	7:53	20.80	2:03:11	5:55	17	37:43	71	50:00