



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Ladage, Stefan

Club: Edeka Ladage, Wennigsen
Number: 733

Course: 20.80 km
Halbmarathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:08:04

Speed: 9.37 km/h
Running performance: 6:10 min/km

Rank in course/Total: 83 (of 93)

Rank in course/Men: 72 (of 81)

Best time in course: 1:13:11

Rank in category: 8(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	20:58	6:21	10	6:25	76	8:41	3.30	20:58	6:21	8	6:25	22	1:43
Lap 2	1.70	12:13	7:11	9	3:45	73	5:33	5.00	33:11	6:38	8	10:10	22	3:19
Lap 3	2.10	9:40	4:36	5	1:49	51	3:16	7.10	42:51	6:02	8	11:59	22	2:05
Lap 4	4.95	34:18	6:55	10	9:38	75	15:00	12.05	1:17:09	6:24	8	21:37	22	6:47
Lap 5	3.65	22:36	6:11	8	6:33	72	9:57	15.70	1:39:45	6:21	8	28:10	22	9:55
Lap 6	1.40	9:17	6:37	10	3:27	78	4:45	17.10	1:49:02	6:22	8	31:37	22	12:22
Last lap Finish	3.70	19:02	5:08	7	4:57	66	7:41	20.80	2:08:04	6:09	8	36:34	72	54:53