



# 11. Deisterberglauf

Barsinghausen / 28.09.2014

## Detailed evaluation

**Andreas, Oestreich**

Club: PZGrenBtl 401

Number: 773

Course: 20.80 km

Halbmarathon

Category:

Männer (20-29 Jahre)

Total time: 2:09:46

Speed: 9.25 km/h

Running performance: 6:14 min/km

Rank in course/Total: 84 (of 93)

Rank in course/Men: 73 (of 81)

Best time in course: 1:13:11

Rank in category: 11(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     | 19:13      | 5:49         | 9           | 6:53        | 60      | 6:56       | 3.30          | 19:13      | 5:49         | 11       | 6:53        | 8       |            |
| Lap 2              | 1.70     | 12:15      | 7:12         | 11          | 5:21        | 74      | 5:35       | 5.00          | 31:28      | 6:17         | 11       | 12:14       | 31      | 1:36       |
| Lap 3              | 2.10     | 12:07      | 5:46         | 12          | 5:37        | 78      | 5:43       | 7.10          | 43:35      | 6:08         | 11       | 17:51       | 31      | 2:49       |
| Lap 4              | 4.95     | 34:05      | 6:53         | 11          | 14:02       | 73      | 14:47      | 12.05         | 1:17:40    | 6:26         | 11       | 31:53       | 31      | 7:18       |
| Lap 5              | 3.65     | 23:08      | 6:20         | 11          | 9:42        | 73      | 10:29      | 15.70         | 1:40:48    | 6:25         | 11       | 41:35       | 31      | 10:58      |
| Lap 6              | 1.40     | 8:16       | 5:54         | 8           | 3:32        | 69      | 3:44       | 17.10         | 1:49:04    | 6:22         | 11       | 45:07       | 31      | 12:24      |
| Last lap Finish    | 3.70     | 20:42      | 5:35         | 10          | 8:57        | 73      | 9:21       | 20.80         | 2:09:46    | 6:14         | 11       | 54:04       | 73      | 56:35      |