



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