



11. Deisterberglauf  
Barsinghausen / 28.09.2014

Detailed evaluation

Jäkel, Michael

Club: MTV Rethmar  
Number: 723

Course: 20.80 km  
Halbmarathon

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:11:32

Speed: 9.49 km/h  
Running performance: 6:19 min/km

Rank in course/Total: 85 (of 93)

Rank in course/Men: 74 (of 81)

Best time in course: 1:13:11

Rank in category: 9(of 10)

Best time in the category: 1:31:30

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	19:05	5:46	6	4:32	58	6:48	3.30	19:05	5:46	9	4:32	30	
Lap 2	1.70	10:56	6:25	7	2:28	64	4:16	5.00	30:01	6:00	9	7:00	30	0:09
Lap 3	2.10	11:54	5:40	10	4:03	77	5:30	7.10	41:55	5:54	9	11:03	30	1:09
Lap 4	4.95	33:59	6:51	7	9:19	71	14:41	12.05	1:15:54	6:17	9	20:22	30	5:32
Lap 5	3.65	24:25	6:41	9	8:22	77	11:46	15.70	1:40:19	6:23	9	28:44	30	10:29
Lap 6	1.40	9:03	6:27	8	3:13	76	4:31	17.10	1:49:22	6:23	9	31:57	30	12:42
Last lap Finish	3.70	22:10	5:59	9	8:05	78	10:49	20.80	2:11:32	6:19	9	40:02	74	58:21