



# 11. Deisterberglauf

Barsinghausen / 28.09.2014

## Detailed evaluation

**Giesler, Bernd**

Club: Helmstedter S V  
Number: 715

Course: 20.80 km  
Halbmarathon

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:13:35

Speed: 8.98 km/h  
Running performance: 6:25 min/km

Rank in course/Total: 86 (of 93)

Rank in course/Men: 75 (of 81)

Best time in course: 1:13:11

Rank in category: 10(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	18:49	5:42	5	4:16	56	6:32	3.30	18:49	5:42	10	4:16	29	
Lap 2	1.70	10:41	6:17	6	2:13	59	4:01	5.00	29:30	5:54	10	6:29	29	
Lap 3	2.10	11:04	5:16	9	3:13	70	4:40	7.10	40:34	5:42	10	9:42	29	
Lap 4	4.95	34:07	6:53	9	9:27	74	14:49	12.05	1:14:41	6:11	10	19:09	29	4:19
Lap 5	3.65	24:58	6:50	10	8:55	78	12:19	15.70	1:39:39	6:20	10	28:04	29	9:49
Lap 6	1.40	9:14	6:35	9	3:24	77	4:42	17.10	1:48:53	6:22	10	31:28	29	12:13
Last lap Finish	3.70	24:42	6:40	10	10:37	81	13:21	20.80	2:13:35	6:25	10	42:05	75	1:00:24