



# 11. Deisterberglauf

Barsinghausen / 28.09.2014

## Detailed evaluation

**Geppert, Michael**

Club: letter  
Number: 781

Course: 20.80 km  
Halbmarathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:13:59

Speed: 9.31 km/h  
Running performance: 6:26 min/km

Rank in course/Total: 87 (of 93)

Rank in course/Men: 76 (of 81)

Best time in course: 1:13:11

Rank in category: 19(of 19)

Best time in the category: 1:25:05

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	21:34	6:32	19	7:32	77	9:17	3.30	21:34	6:32	2	5:04	28	2:19
Lap 2	1.70	12:21	7:15	19	4:17	75	5:41	5.00	33:55	6:46	2	7:49	28	4:03
Lap 3	2.10	11:26	5:26	18	4:12	73	5:02	7.10	45:21	6:23	2	9:14	28	4:35
Lap 4	4.95	36:00	7:16	19	13:21	77	16:42	12.05	1:21:21	6:45	2	16:24	28	10:59
Lap 5	3.65	23:34	6:27	19	9:14	75	10:55	15.70	1:44:55	6:40	2	20:49	28	15:05
Lap 6	1.40	8:38	6:10	19	3:30	72	4:06	17.10	1:53:33	6:38	2	22:49	28	16:53
Last lap Finish	3.70	20:26	5:31	19	7:55	72	9:05	20.80	2:13:59	6:26	19	48:54	76	1:00:48