



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Bachmann, Lucas

Club: PzGrenBtl 401

Number: 771

Course: 20.80 km

Halbmarathon

Category:

Männer (20-29 Jahre)

Total time: 2:23:24

Speed: 8.70 km/h

Running performance: 6:53 min/km

Rank in course/Total: 91 (of 93)

Rank in course/Men: 79 (of 81)

Best time in course: 1:13:11

Rank in category: 12(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	20:32	6:13	12	8:12	75	8:15	3.30	20:32	6:13	12	8:12	25	1:17
Lap 2	1.70	13:17	7:48	12	6:23	78	6:37	5.00	33:49	6:45	12	14:35	25	3:57
Lap 3	2.10	11:30	5:28	11	5:00	74	5:06	7.10	45:19	6:22	12	19:35	25	4:33
Lap 4	4.95	38:47	7:50	12	18:44	79	19:29	12.05	1:24:06	6:58	12	38:19	25	13:44
Lap 5	3.65	27:46	7:36	13	14:20	81	15:07	15.70	1:51:52	7:07	12	52:39	25	22:02
Lap 6	1.40	8:53	6:20	11	4:09	75	4:21	17.10	2:00:45	7:03	12	56:48	25	24:05
Last lap Finish	3.70	22:39	6:07	13	10:54	79	11:18	20.80	2:23:24	6:53	12	1:07:42	79	1:10:13