



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Riewendt, Peter

Club: PzGrenBtl 401
Number: 770

Course: 20.80 km
Halbmarathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:29:02

Speed: 8.05 km/h
Running performance: 7:10 min/km

Rank in course/Total: 92 (of 93)

Rank in course/Men: 80 (of 81)

Best time in course: 1:13:11

Rank in category: 13(of 13)

Best time in the category: 1:13:11

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	23:36	7:09	13	11:19	80	11:19	3.30	23:36	7:09	13	11:19	24	4:21
Lap 2	1.70	17:00	10:00	13	10:20	80	10:20	5.00	40:36	8:07	13	21:39	24	10:44
Lap 3	2.10	14:18	6:48	13	7:54	81	7:54	7.10	54:54	7:43	13	29:33	24	14:08
Lap 4	4.95	38:14	7:43	13	18:56	78	18:56	12.05	1:33:08	7:43	13	48:29	24	22:46
Lap 5	3.65	23:18	6:23	13	10:39	74	10:39	15.70	1:56:26	7:24	13	59:08	24	26:36
Lap 6	1.40	9:32	6:48	13	5:00	79	5:00	17.10	2:05:58	7:21	13	1:04:08	24	29:18
Last lap Finish	3.70	23:04	6:14	13	11:43	80	11:43	20.80	2:29:02	7:09	13	1:15:51	80	1:15:51