



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Hoppe, Niclas

Club: Tsv Kirchdorf
Number: 782

Course: 20.80 km
Halbmarathon

Category:
Männer (20-29 Jahre)

Total time: 1:15:42

Speed: 15.85 km/h
Running performance: 3:38 min/km

Rank in course/Total: 2 (of 93)

Rank in course/Men: 2 (of 81)

Best time in course: 1:13:11

Rank in category: 1(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	12:20	3:44	1	-	2	0:03	3.30	12:20	3:44	1	-	61	
Lap 2	1.70	6:54	4:03	1	-	2	0:14	5.00	19:14	3:50	1	-	61	
Lap 3	2.10	6:30	3:05	1	-	2	0:06	7.10	25:44	3:37	1	-	61	
Lap 4	4.95	20:03	4:03	1	-	2	0:45	12.05	45:47	3:47	1	-	61	
Lap 5	3.65	13:26	3:40	1	-	2	0:47	15.70	59:13	3:46	1	-	61	
Lap 6	1.40	4:44	3:22	1	-	2	0:12	17.10	1:03:57	3:44	1	-	61	
Last lap Finish	3.70	11:45	3:10	1	-	2	0:24	20.80	1:15:42	3:38	1	-	2	2:31