



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Schwarzbach, Dirk

Club: TSV Kirchdorf
Number: 776

Course: 20.80 km
Halbmarathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:18:56

Speed: 15.20 km/h
Running performance: 3:47 min/km

Rank in course/Total: 3 (of 93)

Rank in course/Men: 3 (of 81)

Best time in course: 1:13:11

Rank in category: 2(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	12:24	3:45	2	0:07	3	0:07	3.30	12:24	3:45	2	0:07	60	
Lap 2	1.70	7:00	4:07	2	0:20	3	0:20	5.00	19:24	3:52	2	0:27	60	
Lap 3	2.10	6:43	3:11	2	0:19	3	0:19	7.10	26:07	3:40	2	0:46	60	
Lap 4	4.95	20:54	4:13	2	1:36	3	1:36	12.05	47:01	3:54	2	2:22	60	
Lap 5	3.65	14:04	3:51	2	1:25	3	1:25	15.70	1:01:05	3:53	2	3:47	60	
Lap 6	1.40	5:03	3:36	2	0:31	3	0:31	17.10	1:06:08	3:52	2	4:18	60	
Last lap Finish	3.70	12:48	3:27	4	1:27	7	1:27	20.80	1:18:56	3:47	2	5:45	3	5:45