



11. Deisterberglauf

Barsinghausen / 28.09.2014

□□□□

Reeh, Gunther

□□: TSV Kirchdorf
 □□: 746

□□: 20.80 km
 Halbmarathon

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 1:42:03

□□: 12.23 km/h
 □□□□: 4:55 min/km

□□□□□/□□□: 36 (of 93)

□□□□□/□: 33 (of 81)

□□□□□□: 1:13:11

□□□□□: 8(of 19)

□□□□□□□: 1:25:05

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|------|---------|---------|---------|---------|
| □□ 1 | 3.30 | 16:57 | 5:08 | 10 | 2:55 | 42 | 4:40 | 3.30 | 16:57 | 5:08 | 13 | 0:27 | 70 | |
| □□ 2 | 1.70 | 9:23 | 5:31 | 8 | 1:19 | 39 | 2:43 | 5.00 | 26:20 | 5:15 | 13 | 0:14 | 70 | |
| □□ 3 | 2.10 | 8:20 | 3:58 | 6 | 1:06 | 24 | 1:56 | 7.10 | 34:40 | 4:52 | 13 | | 70 | |
| □□ 4 | 4.95 | 28:35 | 5:46 | 9 | 5:56 | 41 | 9:17 | 12.05 | 1:03:15 | 5:14 | 13 | | 70 | |
| □□ 5 | 3.65 | 17:39 | 4:50 | 8 | 3:19 | 32 | 5:00 | 15.70 | 1:20:54 | 5:09 | 13 | | 70 | |
| □□ 6 | 1.40 | 6:21 | 4:32 | 7 | 1:13 | 33 | 1:49 | 17.10 | 1:27:15 | 5:06 | 13 | | 70 | |
| □□□ □□ | 3.70 | 14:48 | 4:00 | 6 | 2:17 | 22 | 3:27 | 20.80 | 1:42:03 | 4:54 | 8 | 16:58 | 33 | 28:52 |