



11. Deisterberglauf

Barsinghausen / 28.09.2014

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Kundrus, Martin

□□: TSV Barsinghausen

□□: 730

□□: 20.80 km

Halbmarathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 1:47:00

□□: 11.21 km/h

□□□□: 5:08 min/km

□□□□□/□□□: 47 (of 93)

□□□□□/□: 43 (of 81)

□□□□□□: 1:13:11

□□□□□: 10(of 19)

□□□□□□□: 1:25:05

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| □□□ | □□ | □□ | □□ | □□ | □□ | □□ | □□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ |
|--------|------|-------|--------|----|------|----|------|-------|---------|--------|----|-------|----|-------|
| | km | □□ | min/km | - | - | □ | □ | km | □□ | min/km | - | - | □ | □ |
| □□ 1 | 3.30 | 16:30 | 5:00 | 8 | 2:28 | 35 | 4:13 | 3.30 | 16:30 | 5:00 | 1 | - | 20 | |
| □□ 2 | 1.70 | 9:36 | 5:38 | 10 | 1:32 | 42 | 2:56 | 5.00 | 26:06 | 5:13 | 1 | - | 20 | |
| □□ 3 | 2.10 | 10:01 | 4:46 | 15 | 2:47 | 56 | 3:37 | 7.10 | 36:07 | 5:05 | 1 | - | 20 | |
| □□ 4 | 4.95 | 28:50 | 5:49 | 10 | 6:11 | 45 | 9:32 | 12.05 | 1:04:57 | 5:23 | 1 | - | 20 | |
| □□ 5 | 3.65 | 19:09 | 5:14 | 11 | 4:49 | 46 | 6:30 | 15.70 | 1:24:06 | 5:21 | 1 | - | 20 | |
| □□ 6 | 1.40 | 6:38 | 4:44 | 10 | 1:30 | 44 | 2:06 | 17.10 | 1:30:44 | 5:18 | 1 | - | 20 | |
| □□□ □□ | 3.70 | 16:16 | 4:23 | 9 | 3:45 | 41 | 4:55 | 20.80 | 1:47:00 | 5:08 | 10 | 21:55 | 43 | 33:49 |