



11. Deisterberglauf

Barsinghausen / 28.09.2014

□□□□

Hahne, Christian

□□: Family2Move

□□: 787

□□: 20.80 km

Halbmarathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 1:57:13

□□: 10.24 km/h

□□□□: 5:38 min/km

□□□□□/□□□: 64 (of 93)

□□□□□/□: 57 (of 81)

□□□□□□: 1:13:11

□□□□□: 15(of 19)

□□□□□□□: 1:25:05

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.30 | 19:45 | 5:59 | 17 | 5:43 | 69 | 7:28 | 3.30 | 19:45 | 5:59 | 6 | 3:15 | 6 | 0:30 | |
| □□ 2 | 1.70 | 10:50 | 6:22 | 16 | 2:46 | 63 | 4:10 | 5.00 | 30:35 | 6:06 | 6 | 4:29 | 6 | 0:43 | |
| □□ 3 | 2.10 | 9:39 | 4:35 | 12 | 2:25 | 50 | 3:15 | 7.10 | 40:14 | 5:40 | 6 | 4:07 | 6 | | |
| □□ 4 | 4.95 | 32:31 | 6:34 | 17 | 9:52 | 68 | 13:13 | 12.05 | 1:12:45 | 6:02 | 6 | 7:48 | 6 | 2:23 | |
| □□ 5 | 3.65 | 20:16 | 5:33 | 14 | 5:56 | 55 | 7:37 | 15.70 | 1:33:01 | 5:55 | 6 | 8:55 | 6 | 3:11 | |
| □□ 6 | 1.40 | 7:07 | 5:04 | 13 | 1:59 | 54 | 2:35 | 17.10 | 1:40:08 | 5:51 | 6 | 9:24 | 6 | 3:28 | |
| □□□ □□ | 3.70 | 17:05 | 4:37 | 12 | 4:34 | 48 | 5:44 | 20.80 | 1:57:13 | 5:38 | 15 | 32:08 | 57 | 44:02 | |