



10. Deisterberglauf

Barsinghausen / 15.09.2013

Detailed evaluation

Pößiger, Wolfgang

Club: Kirche läuft Wilhelmshaven
Number: 554

Course: 20.80 km
Halbmarathon

Category:
Senioren M65 (65-69 Jahre)

Total time: 2:16:13

Speed: 8.81 km/h
Running performance: 6:33 min/km

Rank in course/Total: 96 (of 110)

Rank in course/Men: 82 (of 92)

Best time in course: 1:18:02

Rank in category: 2(of 2)

Best time in the category: 2:08:39

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	21:36	6:32	2	2:18	86	9:02	3.30	21:36	6:32	2	2:18	35	2:24
Lap 2	1.70	12:43	7:28	2	1:34	87	5:37	5.00	34:19	6:51	2	3:52	35	4:55
Lap 3	2.10	11:04	5:16	2	0:43	78	4:12	7.10	45:23	6:23	2	4:35	33	8:45
Lap 4	4.95	34:40	7:00	2	2:20	83	14:30	12.05	1:20:03	6:38	2	6:55	35	11:28
Lap 5	3.65	22:36	6:11	2	1:17	79	9:47	15.70	1:42:39	6:32	2	8:12	34	16:43
Lap 6	1.40	8:00	5:42	2	0:27	76	3:42	17.10	1:50:39	6:28	2	8:39	34	17:39
Last lap Finish	3.70	25:34	6:54	1	-	74	14:49	20.80	2:16:13	6:32	2	7:34	82	58:11