



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Wille, Wilfried

Club: Lauenhagen
Number: 764

Course: 20.80 km
Halbmarathon

Category:
Senioren M60 (60-64 Jahre)

Total time: 2:15:16

Speed: 8.87 km/h
Running performance: 6:30 min/km

Rank in course/Total: 88 (of 93)

Rank in course/Men: 77 (of 81)

Best time in course: 1:13:11

Rank in category: 1(of 1)

Best time in the category: 2:15:16

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	21:38	6:33	1	-	78	9:21	3.30	21:38	6:33	1	-	27	2:23
Lap 2	1.70	12:38	7:25	1	-	77	5:58	5.00	34:16	6:51	1	-	27	4:24
Lap 3	2.10	11:44	5:35	1	-	76	5:20	7.10	46:00	6:28	1	-	27	5:14
Lap 4	4.95	35:32	7:10	1	-	76	16:14	12.05	1:21:32	6:45	1	-	27	11:10
Lap 5	3.65	23:47	6:30	1	-	76	11:08	15.70	1:45:19	6:42	1	-	27	15:29
Lap 6	1.40	8:24	6:00	1	-	70	3:52	17.10	1:53:43	6:39	1	-	27	17:03
Last lap Finish	3.70	21:33	5:49	1	-	76	10:12	20.80	2:15:16	6:30	1	-	77	1:02:05