



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Pößiger, Wolfgang

Club: Kirche läuft Wilhelmshaven
Number: 744

Course: 20.80 km
Halbmarathon

Category:
Senioren M65 (65-69 Jahre)

Total time: 2:23:19

Speed: 8.37 km/h
Running performance: 6:53 min/km

Rank in course/Total: 90 (of 93)

Rank in course/Men: 78 (of 81)

Best time in course: 1:13:11

Rank in category: 2(of 2)

Best time in the category: 1:50:29

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	22:27	6:48	2	4:42	79	10:10	3.30	22:27	6:48	2	4:42	26	3:12
Lap 2	1.70	13:18	7:49	2	3:06	79	6:38	5.00	35:45	7:09	2	7:48	26	5:53
Lap 3	2.10	12:17	5:50	2	2:36	79	5:53	7.10	48:02	6:45	2	10:24	26	7:16
Lap 4	4.95	39:24	7:57	2	9:22	80	20:06	12.05	1:27:26	7:15	2	19:46	26	17:04
Lap 5	3.65	25:58	7:06	2	6:24	80	13:19	15.70	1:53:24	7:13	2	26:10	26	23:34
Lap 6	1.40	8:48	6:17	2	2:02	74	4:16	17.10	2:02:12	7:08	2	28:12	26	25:32
Last lap Finish	3.70	21:07	5:42	2	4:38	74	9:46	20.80	2:23:19	6:53	2	32:50	78	1:10:08