



11. Deisterberglauf
Barsinghausen / 28.09.2014

Detailed evaluation

Poeschel, Oliver

Club: TuS Köln
Number: 344

Course: 9.70 km
10 km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 44:55

Speed: 12.02 km/h
Running performance: 4:38 min/km

Rank in course/Total: 11 (of 51)

Rank in course/Men: 9 (of 39)

Best time in course: 34:28

Rank in category: 1(of 4)

Best time in the category: 44:55

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	15:45	4:46	1	-	9	3:03	3.30	15:45	4:46	1	-	29	
Lap 2	1.70	9:44	5:43	1	-	15	2:47	5.00	25:29	5:05	1	-	29	
Lap 3	2.10	8:19	3:57	1	-	8	1:53	7.10	33:48	4:45	1	-	29	
Last lap Finish	2.60	11:07	4:16	1	-	9	2:44	9.70	44:55	4:37	1	-	9	10:27