



13. Kirschlauf  
Kleinfahrer / 16.06.2013

Detailed evaluation

ten Doornkaat Koolman, Jan- Ulrich

Club: Wir tun es Laufend  
Number: 38

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:12:08

Speed: 11.65 km/h  
Running performance: 5:09 min/km

Rank in course/Total: 77 (of 256)

Rank in course/Men: 73 (of 185)

Best time in course: 48:53

Rank in category: 15(of 32)

Best time in the category: 57:06

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Posten	7.50	43:24	5:47	14	8:50	66	13:44	7.50	43:24	5:47	19			76	2:43
Finish	6.50	28:44	4:25	15	6:12	81	9:31	14.00	1:12:08	5:09	15	15:02		73	23:15