



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Kumrow, Thomas

Club: LG Pingpank üstra
Number: 500

Course: 20.80 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:53:54

Speed: 10.54 km/h
Running performance: 5:29 min/km

Rank in course/Total: 58 (of 110)

Rank in course/Men: 49 (of 92)

Best time in course: 1:18:02

Rank in category: 11(of 16)

Best time in the category: 1:26:53

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	17:37	5:20	11	4:08	51	5:03	3.30	17:37	5:20	11	3:26	22	
Lap 2	1.70	9:58	5:51	10	2:10	50	2:52	5.00	27:35	5:30	11	5:28	22	
Lap 3	2.10	9:19	4:26	11	1:53	53	2:27	7.10	36:54	5:11	11	7:05	21	0:16
Lap 4	4.95	29:03	5:52	11	7:07	56	8:53	12.05	1:05:57	5:28	9	14:12	22	
Lap 5	3.65	19:14	5:16	11	5:05	51	6:25	15.70	1:25:11	5:25	11	19:17	21	
Lap 6	1.40	6:58	4:58	12	1:53	58	2:40	17.10	1:32:09	5:23	11	21:10	21	
Last lap Finish	3.70	21:45	5:52	13	5:51	46	11:00	20.80	1:53:54	5:28	11	27:01	49	35:52