



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Riemer, Thomas

Club: VHV Versicherungen
Number: 16

Course: 5.00 km
5 km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 29:36

Speed: 10.14 km/h
Running performance: 5:55 min/km

Rank in course/Total: 35 (of 53)

Rank in course/Men: 22 (of 25)

Best time in course: 19:07

Rank in category: 3(of 3)

Best time in the category: 20:01

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.30	20:26	6:11	3	6:58	22	7:09	3.30	20:26	6:11	3	6:58	4	2:20
Last lap Finish	1.70	9:10	5:23	3	2:37	23	3:27	5.00	29:36	5:55	3	9:35	22	10:29