



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Kolthof, Thomas

Club: LG Hannover  
Number: 149

Course: 9.70 km  
10 km-Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 44:38

Speed: 12.10 km/h  
Running performance: 4:36 min/km

Rank in course/Total: 4 (of 73)

Rank in course/Men: 4 (of 49)

Best time in course: 38:37

Rank in category: 1(of 10)

Best time in the category: 44:38

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	17:19	5:14	1	-	4	2:04	3.30	17:19	5:14	1	-	28	
Lap 2	1.70	8:57	5:15	1	-	4	1:19	5.00	26:16	5:15	1	-	28	
Lap 3	2.10	8:06	3:51	1	-	6	1:13	7.10	34:22	4:50	1	-	28	
Last lap Finish	2.60	10:16	3:56	1	-	4	1:27	9.70	44:38	4:36	1	-	4	6:01