



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Kumrow, Thomas

Club: pingpank.de
Number: 729

Course: 20.80 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:43:57

Speed: 11.54 km/h
Running performance: 5:00 min/km

Rank in course/Total: 42 (of 93)

Rank in course/Men: 39 (of 81)

Best time in course: 1:13:11

Rank in category: 9(of 19)

Best time in the category: 1:25:05

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	16:49	5:05	9	2:47	40	4:32	3.30	16:49	5:05	12	0:19	4	
Lap 2	1.70	9:26	5:32	9	1:22	40	2:46	5.00	26:15	5:15	12	0:09	64	
Lap 3	2.10	9:15	4:24	10	2:01	41	2:51	7.10	35:30	5:00	12		64	
Lap 4	4.95	27:25	5:32	8	4:46	35	8:07	12.05	1:02:55	5:13	12		64	
Lap 5	3.65	18:15	5:00	9	3:55	37	5:36	15.70	1:21:10	5:10	12		64	
Lap 6	1.40	6:32	4:40	8	1:24	38	2:00	17.10	1:27:42	5:07	12		64	
Last lap Finish	3.70	16:15	4:23	8	3:44	39	4:54	20.80	1:43:57	4:59	9	18:52	39	30:46