



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Dreßler, Jan Luca

Club: Hildesheim
Number: 36

Course: 5.00 km
5 km-Lauf

Category:
männliche Jugend U16 (14-15 Jahre)

Total time: 25:18

Speed: 11.86 km/h
Running performance: 5:04 min/km

Rank in course/Total: 14 (of 53)

Rank in course/Men: 10 (of 25)

Best time in course: 19:07

Rank in category: 1(of 1)

Best time in the category: 25:18

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
Lap 1	3.30	17:37	5:20	1	-	11	4:20	3.30	17:37	5:20	1	-	16	
Last lap Finish	1.70	7:41	4:31	1	-	15	1:58	5.00	25:18	5:03	1	-	10	6:11