



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Berger, Tobias

Number: 62

Course: 5.00 km
5 km-Lauf

Category:
Männer (20-29 Jahre)

Total time: 25:18

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

Rank in course/Total: 13 (of 53)

Rank in course/Men: 10 (of 25)

Best time in course: 19:07

Rank in category: 1(of 3)

Best time in the category: 25:18

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	17:12	5:12	1	-	10	3:55	3.30	17:12	5:12	1	-	15	
Last lap Finish	1.70	8:06	4:45	2	0:33	17	2:23	5.00	25:18	5:03	1	-	10	6:11