



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Radtko, Patrick

Club: Team Physicpraxis Homeyer
Number: 63

Course: 5.00 km
5 km-Lauf

Category:
Männer (20-29 Jahre)

Total time: 25:32

Speed: 11.75 km/h
Running performance: 5:07 min/km

Rank in course/Total: 17 (of 53)

Rank in course/Men: 14 (of 25)

Best time in course: 19:07

Rank in category: 2(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	17:59	5:26	3	0:47	15	4:42	3.30	17:59	5:26	2	0:47	12	
Last lap Finish	1.70	7:33	4:26	1	-	13	1:50	5.00	25:32	5:06	2	0:14	14	6:25