



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Trittel, Christian

Club: we Run For Fun  
Number: 52

Course: 5.00 km  
5 km-Lauf

Category:  
Männer (20-29 Jahre)

Total time: 26:04

Speed: 11.51 km/h  
Running performance: 5:13 min/km

Rank in course/Total: 23 (of 53)

Rank in course/Men: 18 (of 25)

Best time in course: 19:07

Rank in category: 3(of 3)

Best time in the category: 25:18

Intermediate times

Stage score

Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Lap 1           | 3.30        | 17:50         | 5:24            | 2           | 0:38           | 13          | 4:33          | 3.30          | 17:50         | 5:24            | 3           | 0:38           | 8          |               |
| Last lap Finish | 1.70        | 8:14          | 4:50            | 3           | 0:41           | 18          | 2:31          | 5.00          | 26:04         | 5:12            | 3           | 0:46           | 18         | 6:57          |