



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 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	17:50	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