



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Tepelmann, Moritz

Club: TSV Kirchdorf
Number: 146

Course: 9.70 km
10 km-Lauf

Category:
männliche Jugend U20 (18-19 Jahre)

Total time: 39:47

Speed: 14.63 km/h
Running performance: 4:06 min/km

Rank in course/Total: 3 (of 73)

Rank in course/Men: 3 (of 49)

Best time in course: 38:37

Rank in category: 1(of 2)

Best time in the category: 39:47

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Total ranking | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------------|---------------|-----------------|-------------|----------------|---------------|---------------|
| | | | | | | Pos Men | Behind Men | | | | | | Pos Men | Behind Men |
| Lap 1 | 3.30 | 15:15 | 4:37 | 1 | - | 1 | - | 3.30 | 15:15 | 4:37 | 1 | - | 27 | |
| Lap 2 | 1.70 | 7:54 | 4:38 | 1 | - | 3 | 0:16 | 5.00 | 23:09 | 4:37 | 1 | - | 27 | |
| Lap 3 | 2.10 | 7:27 | 3:32 | 1 | - | 3 | 0:34 | 7.10 | 30:36 | 4:18 | 1 | - | 27 | |
| Last lap Finish | 2.60 | 9:11 | 3:31 | 1 | - | 2 | 0:22 | 9.70 | 39:47 | 4:06 | 1 | - | 3 | 1:10 |