



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: 13.57 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