



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Scheffler, Christian

Club: TSV Giesen
Number: 25

Course: 5.00 km
5 km-Lauf

Category:
männliche Jugend U18 (16-17 Jahre)

Total time: 21:41

Speed: 13.84 km/h
Running performance: 4:20 min/km

Rank in course/Total: 6 (of 53)

Rank in course/Men: 5 (of 25)

Best time in course: 19:07

Rank in category: 2(of 2)

Best time in the category: 19:21

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	15:14	4:36	2	1:57	6	1:57	3.30	15:14	4:36	2	1:57	21	
Last lap Finish	1.70	6:27	3:47	2	0:23	3	0:44	5.00	21:41	4:20	2	2:20	5	2:34