



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Das Nachwuchsteam

Club: Das Nachwuchsteam  
Number: 1001

Course: 9.70 km  
Schülerstaffel 5 x 2 km

Category:  
Schülerstaffel

Total time: 45:15

Speed: 11.93 km/h  
Running performance: 4:40 min/km

Rank in course/Total: 2 (of 4)

Rank in course/Total: 2 (of 4)

Best time in course: 38:35

Rank in category: 2(of 4)

Best time in the category: 38:35

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Lap 1	3.30	17:09	5:11	2	2:01	2	2:01	3.30	17:09	5:11	2	2:01	2	2:01
Lap 2	1.70	8:45	5:08	2	1:24	2	1:24	5.00	25:54	5:10	2	3:25	2	3:25
Lap 3	2.10	8:56	4:15	3	1:30	3	1:30	7.10	34:50	4:54	2	4:55	2	4:55
Last lap Finish	2.60	10:25	4:00	2	1:45	2	1:45	9.70	45:15	4:39	2	6:40	2	6:40