



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Trappenhagen, Niklas

Number: 182

Course: 9.70 km
10 km-Lauf

Category:
männliche Jugend U18 (16-17 Jahre)

Total time: 48:36

Speed: 11.11 km/h

Running performance: 5:01 min/km

Rank in course/Total: 13 (of 73)

Rank in course/Men: 10 (of 49)

Best time in course: 38:37

Rank in category: 1(of 1)

Best time in the category: 48:36

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	19:34	5:55	1	-	14	4:19	3.30	19:34	5:55	1	-	34		
Lap 2	1.70	9:59	5:52	1	-	12	2:21	5.00	29:33	5:54	1	-	34		
Lap 3	2.10	8:41	4:08	1	-	14	1:48	7.10	38:14	5:23	1	-	25		
Last lap Finish	2.60	10:22	3:59	1	-	5	1:33	9.70	48:36	5:00	1	-	10	9:59	