



10. Deisterberglauf  
Barsinghausen / 15.09.2013

Detailed evaluation

Föhr, Silas

Number: 181

Course: 9.70 km  
10 km-Lauf

Category:  
männliche Jugend U20 (18-19 Jahre)

Total time: 50:11

Speed: 11.60 km/h

Running performance: 5:10 min/km

Rank in course/Total: 21 (of 73)

Rank in course/Men: 16 (of 49)

Best time in course: 38:37

Rank in category: 2(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.30	19:50	6:00	2	4:35	20	4:35	3.30	19:50	6:00	2	4:35	40	
Lap 2	1.70	10:21	6:05	2	2:27	20	2:43	5.00	30:11	6:02	2	7:02	40	
Lap 3	2.10	8:35	4:05	2	1:08	13	1:42	7.10	38:46	5:27	2	8:10	40	
Last lap Finish	2.60	11:25	4:23	2	2:14	16	2:36	9.70	50:11	5:10	2	10:24	16	11:34