



11. Deisterberglauf  
Barsinghausen / 28.09.2014

Detailed evaluation

Menzel, René

Club: CleverFit  
Number: 107

Course: 5.00 km  
5 km-Lauf

Category:  
Männer (20-29 Jahre)

Total time: 17:39

Speed: 17.00 km/h  
Running performance: 3:32 min/km

Rank in course/Total: 1 (of 30)

Rank in course/Men: 1 (of 15)

Best time in course: 17:39

Rank in category: 1(of 2)

Best time in the category: 17:39

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.30	12:21	3:44	1	-	1	-	3.30	12:21	3:44	1	-	1	-
Last lap Finish	1.70	5:18	3:07	1	-	1	-	5.00	17:39	3:31	1	-	1	-