



# 11. Deisterberglauf

Barsinghausen / 28.09.2014

## Detailed evaluation

Schoppe, Emanuel

Club: LG Braunschweig  
Number: 329

Course: 9.70 km  
10 km-Lauf

Category:  
Männer (20-29 Jahre)

Total time: 34:28

Speed: 15.67 km/h  
Running performance: 3:33 min/km

Rank in course/Total: 1 (of 51)

Rank in course/Men: 1 (of 39)

Best time in course: 34:28

Rank in category: 1(of 4)

Best time in the category: 34:28

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.30	12:42	3:50	1	-	1	-	3.30	12:42	3:50	1	-	31	
Lap 2	1.70	6:57	4:05	1	-	1	-	5.00	19:39	3:55	1	-	31	
Lap 3	2.10	6:26	3:03	1	-	1	-	7.10	26:05	3:40	1	-	31	
Last lap Finish	2.60	8:23	3:13	1	-	1	-	9.70	34:28	3:33	1	-	1	-