



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Koschoreck, Fabian

Club: CleverFit
Number: 129

Course: 5.00 km
5 km-Lauf

Category:
Männer (20-29 Jahre)

Total time: 21:02

Speed: 14.26 km/h
Running performance: 4:13 min/km

Rank in course/Total: 2 (of 30)

Rank in course/Men: 2 (of 15)

Best time in course: 17:39

Rank in category: 2(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 | 14:53 | 4:30 | 2 | 2:32 | 2 | 2:32 | 3.30 | 14:53 | 4:30 | 2 | 2:32 | 2 | 2:32 |
| Last lap Finish | 1.70 | 6:09 | 3:37 | 2 | 0:51 | 2 | 0:51 | 5.00 | 21:02 | 4:12 | 2 | 3:23 | 2 | 3:23 |