



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 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	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