



11. Deisterberglauf  
Barsinghausen / 28.09.2014

Detailed evaluation

Rodriguez, Benito

Club: CleverFit  
Number: 125

Course: 5.00 km  
5 km-Lauf

Category:  
männliche Jugend U16 (15 Jahre)

Total time: 22:44

Speed: 13.20 km/h  
Running performance: 4:33 min/km

Rank in course/Total: 4 (of 30)

Rank in course/Men: 3 (of 15)

Best time in course: 17:39

Rank in category: 1(of 2)

Best time in the category: 22:44

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	15:35	4:43	1	-	3	3:14	3.30	15:35	4:43	1	-	3	3:14
Last lap Finish	1.70	7:09	4:12	1	-	3	1:51	5.00	22:44	4:32	1	-	3	5:05