



11. Deisterberglauf
Barsinghausen / 28.09.2014

Detailed evaluation

Teuscher, Jens

Number: 114

Course: 5.00 km
5 km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 22:53

Speed: 13.11 km/h
Running performance: 4:35 min/km

Rank in course/Total: 5 (of 30)

Rank in course/Men: 4 (of 15)

Best time in course: 17:39

Rank in category: 1(of 2)

Best time in the category: 22:53

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	7:18	4:17	1	-	4	2:00	5.00	22:53	4:34	1	-	4	5:14