



11. Deisterberglauf  
Barsinghausen / 28.09.2014

Detailed evaluation

Krause, Tim

Club: TSV Poggenhagen  
Number: 104

Course: 5.00 km  
5 km-Lauf

Category:  
männliche Jugend U16 (15 Jahre)

Total time: 22:57

Speed: 13.07 km/h  
Running performance: 4:35 min/km

Rank in course/Total: 6 (of 30)

Rank in course/Men: 5 (of 15)

Best time in course: 17:39

Rank in category: 2(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	15:38	4:44	2	0:03	5	3:17	3.30	15:38	4:44	2	0:03	5	3:17
Last lap Finish	1.70	7:19	4:18	2	0:10	5	2:01	5.00	22:57	4:35	2	0:13	5	5:18