



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Kraaz, Timon

Club: Uelzen
Number: 103

Course: 5.00 km
5 km-Lauf

Category:
männliche Jugend U16 (14 Jahre)

Total time: 26:22

Speed: 11.38 km/h
Running performance: 5:16 min/km

Rank in course/Total: 14 (of 30)

Rank in course/Men: 8 (of 15)

Best time in course: 17:39

Rank in category: 1(of 4)

Best time in the category: 26:22

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	18:01	5:27	1	-	7	5:40	3.30	18:01	5:27	1	-	8	5:40
Last lap Finish	1.70	8:21	4:54	1	-	8	3:03	5.00	26:22	5:16	1	-	8	8:43