



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Wendig, Jonas

Club: TSV Stelingen
Number: 132

Course: 5.00 km
5 km-Lauf

Category:
männliche Jugend U16 (14 Jahre)

Total time: 31:28

Speed: 9.53 km/h
Running performance: 6:17 min/km

Rank in course/Total: 20 (of 30)

Rank in course/Men: 11 (of 15)

Best time in course: 17:39

Rank in category: 2(of 4)

Best time in the category: 26:22

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.30	21:49	6:36	2	3:48	11	9:28	3.30	21:49	6:36	2	3:48	11	9:28
Last lap Finish	1.70	9:39	5:40	2	1:18	12	4:21	5.00	31:28	6:17	2	5:06	11	13:49