



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Akinai, Nuhat

Club: TSV Stelingen
Number: 130

Course: 5.00 km
5 km-Lauf

Category:
männliche Jugend U16 (14 Jahre)

Total time: 32:17

Speed: 9.29 km/h
Running performance: 6:28 min/km

Rank in course/Total: 22 (of 30)

Rank in course/Men: 12 (of 15)

Best time in course: 17:39

Rank in category: 3(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	22:29	6:48	3	4:28	13	10:08	3.30	22:29	6:48	3	4:28	12	10:08
Last lap Finish	1.70	9:48	5:45	3	1:27	13	4:30	5.00	32:17	6:27	3	5:55	12	14:38