



11. Deisterberglauf
Barsinghausen / 28.09.2014

Detailed evaluation

Theus, Jan

Number: 127

Course: 5.00 km
5 km-Lauf

Category:
männliche Jugend U16 (14 Jahre)

Total time: 38:27

Speed: 7.80 km/h
Running performance: 7:41 min/km

Rank in course/Total: 30 (of 30)

Rank in course/Men: 15 (of 15)

Best time in course: 17:39

Rank in category: 4(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.	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	25:32	7:44	4	7:31	15	13:11	3.30	25:32	7:44	4	7:31	15	13:11
Last lap Finish	1.70	12:55	7:35	4	4:34	15	7:37	5.00	38:27	7:41	4	12:05	15	20:48