



Detailed evaluation

Gronert, Susan

Club: Fürstenwalde

Number: 1108

Course: 5.41 km

Erkner Stadtlauf 5 km

Category:

AK3 / TW 30

Total time: 26:30

Speed: 11.32 km/h

Running performance: 4:54 min/km

Rank in course/Total: 8 (of 43)

Rank in course/Women: 3 (of 29)

Best time in course: 24:47

Rank in category: 1(of 5)

Best time in the category: 26:30

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	0.41	1:51	4:30	1	-	4	0:13	0.41	1:51	4:30	1	-	4	0:13
Last lap Finish	5.00	24:39	4:55	1	-	3	1:30	5.41	26:30	4:53	1	-	3	1:43