



Detailed evaluation

Hengst, Henning

Club: Erkner

Number: 1111

Course: 5.41 km

Erkner Stadtlauf 5 km

Category:

SEN1 / TW 40

Total time: 26:54

Speed: 12.07 km/h

Running performance: 4:58 min/km

Rank in course/Total: 10 (of 43)

Rank in course/Men: 6 (of 14)

Best time in course: 23:42

Rank in category: 1(of 3)

Best time in the category: 26:54

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	0.41	1:46	4:18	1	-	4	0:05	0.41	1:46	4:18	1	-	4	0:05
Last lap Finish	5.00	25:08	5:01	1	-	8	3:08	5.41	26:54	4:58	1	-	6	3:12