



Detailed evaluation

Röseler, Stefanie

Club: Erkner

Number: 1146

Course: 5.41 km

Erkner Stadtlauf 5 km

Category:

AK3 / TW 30

Total time: 29:32

Speed: 10.99 km/h

Running performance: 5:28 min/km

Rank in course/Total: 20 (of 43)

Rank in course/Women: 11 (of 29)

Best time in course: 24:47

Rank in category: 3(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.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	0.41	2:01	4:55	3	0:10	6	0:23	0.41	2:01	4:55	3	0:10	6	0:23
Last lap Finish	5.00	27:31	5:30	3	2:52	11	4:22	5.41	29:32	5:27	3	3:02	11	4:45