



Detailed evaluation

Matuszak, Denis

Club: Zeuthen

Number: 1155

Course: 5.41 km

Erkner Stadtlauf 5 km

Category:

SEN1 / TW 40

Total time: 30:21

Speed: 10.70 km/h

Running performance: 5:37 min/km

Rank in course/Total: 21 (of 43)

Rank in course/Men: 10 (of 14)

Best time in course: 23:42

Rank in category: 3(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	2:33	6:13	3	0:47	14	0:52	0.41	2:33	6:13	3	0:47	14	0:52
Last lap Finish	5.00	27:48	5:33	3	2:40	10	5:48	5.41	30:21	5:36	3	3:27	10	6:39