



Detailed evaluation

Heinrich, Cindy

Club: Woltersdorf

Number: 1110

Course: 5.41 km

Erkner Stadtlauf 5 km

Category:

SEN1 / TW 40

Total time: 34:34

Speed: 8.68 km/h

Running performance: 6:23 min/km

Rank in course/Total: 33 (of 43)

Rank in course/Women: 19 (of 29)

Best time in course: 24:47

Rank in category: 7(of 8)

Best time in the category: 25:22

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	2:24	5:51	5	0:35	15	0:46	0.41	2:24	5:51	5	0:35	15	0:46
Last lap Finish	5.00	32:10	6:25	7	8:37	19	9:01	5.41	34:34	6:23	7	9:12	19	9:47