



Detailed evaluation

Molwitz, Lisa

Club: Berlin
Number: 1124

Course: 5.41 km
Erkner Stadtlauf 5 km

Category:
AK4 / TW 35

Total time: 35:47

Speed: 8.38 km/h
Running performance: 6:37 min/km

Rank in course/Total: 35 (of 43)
Rank in course/Women: 21 (of 29)

Best time in course: 24:47
Rank in category: 4(of 6)
Best time in the category: 29:01

Intermediate times

Stage score

Total ranking

Control	Stage score				Total ranking									
	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	2:30	6:05	4	0:24	19	0:52	0.41	2:30	6:05	4	0:24	19	0:52
Last lap Finish	5.00	33:17	6:39	5	6:22	22	10:08	5.41	35:47	6:36	4	6:46	21	11:00