



Detailed evaluation

Demuth, Mandy

Club: Red Firefly

Number: 1139

Course: 5.41 km

Erkner Stadtlauf 5 km

Category:

SEN1 / TW 40

Total time: 38:08

Speed: 7.87 km/h

Running performance: 7:03 min/km

Rank in course/Total: 39 (of 43)

Rank in course/Women: 25 (of 29)

Best time in course: 24:47

Rank in category: 8(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	0.41	2:45	6:42	8	0:56	27	1:07	0.41	2:45	6:42	8	0:56	27	1:07
Last lap Finish	5.00	35:23	7:04	8	11:50	25	12:14	5.41	38:08	7:02	8	12:46	25	13:21