



Detailed evaluation

Pergande, Steffi

Club: Steinhöfel

Number: 1218

Course: 10.00 km

Erkner Stadtlauf 10 km

Category:

SEN2 / TW 45

Total time: 47:13

Speed: 12.71 km/h

Running performance: 4:43 min/km

Rank in course/Total: 7 (of 29)

Rank in course/Women: 1 (of 12)

Best time in course: 47:13

Rank in category: 1(of 2)

Best time in the category: 47:13

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	0.30	1:37	5:23	1	-	5	0:05	0.30	1:37	5:23	1	-	5	0:05
Last lap Finish	9.70	45:36	4:42	1	-	1	-	10.00	47:13	4:43	1	-	1	-