



Detailed evaluation

Blum, Lisa

Club: EISENHÜTTENSTADT

Number: 1231

Course: 10.00 km

Erkner Stadtlauf 10 km

Category:

AK1 / TW 20

Total time: 50:11

Speed: 11.96 km/h

Running performance: 5:01 min/km

Rank in course/Total: 12 (of 29)

Rank in course/Women: 2 (of 12)

Best time in course: 47:13

Rank in category: 1(of 2)

Best time in the category: 50:11

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	1:33	5:10	1	-	2	0:01	0.30	1:33	5:10	1	-	2	0:01
Last lap Finish	9.70	48:38	5:00	1	-	2	3:02	10.00	50:11	5:01	1	-	2	2:58