



Detailed evaluation

Sowa, Steven

Club: Wildau
Number: 1235

Course: 10.00 km
Erkner Stadtlauf 10 km

Category:
AK3 / TW 30

Total time: 50:48

Speed: 11.81 km/h
Running performance: 5:05 min/km

Rank in course/Total: 14 (of 29)

Rank in course/Men: 11 (of 17)

Best time in course: 35:06

Rank in category: 2(of 3)

Best time in the category: 48:55

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	0.30	1:28	4:53	2	0:10	10	0:24	0.30	1:28	4:53	2	0:10	10	0:24
Last lap Finish	9.70	49:20	5:05	2	1:43	12	15:18	10.00	50:48	5:04	2	1:53	11	15:42