



Detailed evaluation

Block, Judith

Club: Grünheide OT Spreeau
Number: 1226

Course: 10.00 km
Erkner Stadtlauf 10 km

Category:
AK4 / TW 35

Total time: 53:27

Speed: 11.23 km/h
Running performance: 5:20 min/km

Rank in course/Total: 17 (of 29)

Rank in course/Women: 5 (of 12)

Best time in course: 47:13

Rank in category: 1(of 2)

Best time in the category: 53:27

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	0.30	1:36	5:20	1	-	4	0:04	0.30	1:36	5:20	1	-	4	0:04
Last lap Finish	9.70	51:51	5:20	1	-	5	6:15	10.00	53:27	5:20	1	-	5	6:14