



## Detailed evaluation

Heinritze, Frank

Club: Forst

Number: 1227

Course: 10.00 km

Erkner Stadtlauf 10 km

Category:

SEN2 / TW 45

Total time: 53:56

Speed: 11.12 km/h

Running performance: 5:23 min/km

Rank in course/Total: 18 (of 29)

Rank in course/Men: 13 (of 17)

Best time in course: 35:06

Rank in category: 3(of 3)

Best time in the category: 45:58

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	0.30	1:25	4:43	1	-	6	0:21	0.30	1:25	4:43	1	-	6	0:21
Last lap Finish	9.70	52:31	5:24	3	8:01	13	18:29	10.00	53:56	5:23	3	7:58	13	18:50