



### Detailed evaluation

**Gittel, Stefan**

Club: Erkner

Number: 1107

Course: 5.41 km

Erkner Stadtlauf 5 km

Category:

AK4 / TW 35

Total time: 24:12

Speed: 12.40 km/h

Running performance: 4:28 min/km

Rank in course/Total: 3 (of 43)

Rank in course/Men: 3 (of 14)

Best time in course: 23:42

Rank in category: 1(of 2)

Best time in the category: 24:12

#### Intermediate times

#### Stage score

#### Total ranking

| Control         | Split | Split | Split  | Pos  | Behind | Pos | Behind | Total | Total | Total  | Pos  | Behind | Pos | Behind |
|-----------------|-------|-------|--------|------|--------|-----|--------|-------|-------|--------|------|--------|-----|--------|
|                 | km    | Time  | min/km | Cat. | Cat.   | Men | Men    | km    | Time  | min/km | Cat. | Cat.   | Men | Men    |
| Lap 1           | 0.41  | 1:41  | 4:06   | 1    | -      | 1   | -      | 0.41  | 1:41  | 4:06   | 1    | -      | 1   | -      |
| Last lap Finish | 5.00  | 22:31 | 4:30   | 1    | -      | 3   | 0:31   | 5.41  | 24:12 | 4:28   | 1    | -      | 3   | 0:30   |