



Erkner Triathlon 2.0

Erkner / 08.09.2018

Detailed evaluation

El-masri, Nadiya

Club: berlin

Number: 1103

Course: 5.41 km

Erkner Stadtlauf 5 km

Category:

SEN1 / TW 40

Total time: 27:11

Speed: 11.04 km/h

Running performance: 5:01 min/km

Rank in course/Total: 12 (of 43)

Rank in course/Women: 5 (of 29)

Best time in course: 24:47

Rank in category: 2(of 8)

Best time in the category: 25:22

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	0.41	2:09	5:14	4	0:20	12	0:31	0.41	2:09	5:14	4	0:20	12	0:31
Last lap Finish	5.00	25:02	5:00	2	1:29	5	1:53	5.41	27:11	5:01	2	1:49	5	2:24