



Detailed evaluation

Pergande, Heiko Strenger

Club: Steinhöfel

Number: 1217

Course: 10.00 km

Erkner Stadtlauf 10 km

Category:

SEN4 / TW 55

Total time: 47:36

Speed: 12.61 km/h

Running performance: 4:46 min/km

Rank in course/Total: 8 (of 29)

Rank in course/Men: 7 (of 17)

Best time in course: 35:06

Rank in category: 1(of 3)

Best time in the category: 47:36

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 | 0.30 | 1:25 | 4:43 | 1 | - | 6 | 0:21 | 0.30 | 1:25 | 4:43 | 1 | - | 6 | 0:21 |
| Last lap Finish | 9.70 | 46:11 | 4:45 | 1 | - | 7 | 12:09 | 10.00 | 47:36 | 4:45 | 1 | - | 7 | 12:30 |