



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