



Detailed evaluation

Niemann, Rayk

Club: Berlin

Number: 1216

Course: 10.00 km

Erkner Stadtlauf 10 km

Category:

SEN2 / TW 45

Total time: 49:07

Speed: 12.22 km/h

Running performance: 4:55 min/km

Rank in course/Total: 11 (of 29)

Rank in course/Men: 10 (of 17)

Best time in course: 35:06

Rank in category: 2(of 3)

Best time in the category: 45:58

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	1:40	5:33	3	0:15	14	0:36	0.30	1:40	5:33	3	0:15	14	0:36
Last lap Finish	9.70	47:27	4:53	2	2:57	9	13:25	10.00	49:07	4:54	2	3:09	10	14:01