



Detailed evaluation

Janßen, Martin

Club: Berlin

Number: 1230

Course: 10.00 km

Erkner Stadtlauf 10 km

Category:

AK2 / TW 25

Total time: 54:18

Speed: 11.05 km/h

Running performance: 5:26 min/km

Rank in course/Total: 19 (of 29)

Rank in course/Men: 14 (of 17)

Best time in course: 35:06

Rank in category: 1(of 1)

Best time in the category: 54:18

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	1	-	14	0:36	0.30	1:40	5:33	1	-	14	0:36
Last lap Finish	9.70	52:38	5:25	1	-	14	18:36	10.00	54:18	5:25	1	-	14	19:12