



Erkner Triathlon 2.0

Erkner / 08.09.2018

Detailed evaluation

Glaser, Steffen

Club: Erkner

Number: 1205

Course: 10.00 km

Erkner Stadtlauf 10 km

Category:

SEN4 / TW 55

Total time: 1:09:05

Speed: 8.69 km/h

Running performance: 6:55 min/km

Rank in course/Total: 28 (of 29)

Rank in course/Men: 17 (of 17)

Best time in course: 35:06

Rank in category: 3(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	1:40	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	1:07:25	6:57	3	21:14	17	33:23	10.00	1:09:05	6:54	3	21:29	17	33:59