



Erkner Triathlon 2.0

Erkner / 08.09.2018

Erkner

Niemann, Rayk

City: Berlin

Age: 1216

Distance: 10.00 km

Erkner Stadtlauf 10 km

Category: SEN2 / TW 45

Time: 49:07

Speed: 12.22 km/h

Pace: 4:55 min/km

Rank: 11 (of 29)

Rank: 10 (of 17)

Time: 35:06

Rank: 2 (of 3)

Time: 45:58

Erkner

Erkner

Erkner

Erkner	km	min	sec	min/km	-	-	sec	sec	Erkner	km	min	sec	min/km	-	-	sec	sec
Erkner 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		
Erkner 10	9.70	47:27	4:53	2	2:57	9	13:25		10.00	49:07	4:54	2	3:09	10	14:01		