



WBG Zukunft Gerauelauf

Erfurt / 25.09.2022

Detailed evaluation

Sebastian Ringmann

Number: 126

Course: 21.00 km

Halbmarathon

Category:

Senioren M45 (45-49)

Total time: 2:05:52

Speed: 10.01 km/h

Running performance: 5:59 min/km

Rank in course/Total: 29 (of 35)

Rank in course/Men: 21 (of 25)

Best time in course: 1:17:00

Rank in category: 6(of 7)

Best time in the category: 1:32:05

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Zwischenzeit I	-	14:06	-	6	4:32	22	5:36	-	14:06	-	6	4:32	22	5:36
Zwischenzeit II	-	23:32	-	6	6:17	22	8:54	-	37:38	-	6	10:49	22	14:30
Zwischenzeit I	-	23:55	-	6	6:14	20	8:53	-	1:01:33	-	6	16:31	22	23:23
Zwischenzeit II	-	24:06	-	6	6:14	21	9:09	-	1:25:39	-	6	22:40	22	32:32
Zwischenzeit I	-	24:51	-	6	6:37	20	9:48	-	1:50:30	-	6	29:17	21	42:20
Finish	21.00	15:22	-	6	4:30	23	6:32	21.00	2:05:52	5:59	6	33:47	21	48:52