



WBG Zukunft Geraauelauf
Erfurt / 25.09.2022

Detailed evaluation

Ralf Pasewald

Number: 53

Course: 4.50 km
Jedermann

Category:
Senioren M55 (55-59) J

Total time: 29:33

Speed: 8.12 km/h

Running performance: 6:33 min/km

Rank in course/Total: 40 (of 66)

Rank in course/Men: 22 (of 37)

Best time in course: 23:09

Rank in category: 1(of 1)

Best time in the category: 29:33

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
Zwischenzeit I	-	15:07	-	1	-	36	5:25	-	15:07	-	1	-	36	5:25
Finish	4.50	14:26	-	1	-	19	2:49	4.50	29:33	6:33	1	-	22	6:24