



WBG Zukunft Geraauelauf

Erfurt / 25.09.2022

Detailed evaluation

Birgit Sahl

Club: Sonntagsläufer

Number: 65

Course: 4.50 km

Jedermann

Category:

Seniorinnen W55 (55-59) J

Total time: 30:24

Speed: 7.89 km/h

Running performance: 6:45 min/km

Rank in course/Total: 44 (of 66)

Rank in course/Women: 19 (of 29)

Best time in course: 22:30

Rank in category: 2(of 2)

Best time in the category: 27:16

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Zwischenzeit I	-	14:52	-	2	1:13	18	3:37	-	14:52	-	2	1:13	18	3:37
Finish	4.50	15:32	-	2	1:55	21	4:42	4.50	30:24	6:45	2	3:08	19	7:54