



WBG Zukunft Geraauelauf
Erfurt / 03.06.2023

Detailed evaluation

Alexander Förster

Number: 18

Course: 4.50 km
Jedermann

Category:
Senioren M40 (40-44) J

Total time: 21:01

Speed: 11.42 km/h

Running performance: 4:40 min/km

Rank in course/Total: 40 (of 63)

Rank in course/Men: 28 (of 37)

Best time in course: 13:48

Rank in category: 3(of 5)

Best time in the category: 17:25

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	-	14:29	-	4	2:35	30	4:53	-	14:29	-	4	2:35	30	4:53
Finish	-	6:32	-	3	1:01	25	2:20	4.50	21:01	-	3	3:36	28	7:13