



WBG Zukunft Geraauelauf

Erfurt / 03.06.2023

Detailed evaluation

Abdelazize Laades

Number: 68

Course: 4.50 km
Jedermann

Category:
Senioren M55 (55-59) J

Total time: 23:27

Speed: 10.23 km/h

Running performance: 5:12 min/km

Rank in course/Total: 58 (of 63)

Rank in course/Men: 36 (of 37)

Best time in course: 13:48

Rank in category: 3(of 3)

Best time in the category: 20:51

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	-	15:43	-	3	1:31	35	6:07	-	15:43	-	3	1:31	35	6:07
Finish	-	7:44	-	3	1:05	36	3:32	4.50	23:27	-	3	2:36	36	9:39