



WBG Zukunft Geraauelauf  
Erfurt / 03.06.2023

Detailed evaluation

Gerd Tröstrum

Number: 60

Course: 4.50 km  
Jedermann

Category:  
Senioren M60 (60-64) J

Total time: 21:00

Speed: 11.43 km/h

Running performance: 4:40 min/km

Rank in course/Total: 39 (of 63)

Rank in course/Men: 27 (of 37)

Best time in course: 13:48

Rank in category: 1(of 2)

Best time in the category: 21:00

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	-	14:18	-	1	-	28	4:42	-	14:18	-	1	-	28	4:42
Finish	-	6:42	-	1	-	28	2:30	4.50	21:00	-	1	-	27	7:12