



WBG Zukunft Geraauelauf

Erfurt / 03.06.2023

Detailed evaluation

Michael Hammer

Number: 130

Course: 8.00 km

8 km Lauf

Category:

Senioren M40 (40-44) 8

Total time: 46:14

Speed: 10.38 km/h

Running performance: 5:46 min/km

Rank in course/Total: 52 (of 67)

Rank in course/Men: 30 (of 39)

Best time in course: 26:26

Rank in category: 5(of 6)

Best time in the category: 32:30

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Total ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Zwischenzeit I	-	5:54	-	5	2:02	32	2:39	-	5:54	-	5	2:02	32	2:39
Zwischenzeit I	-	22:38	-	5	6:28	30	9:29	-	28:32	-	5	8:30	30	12:08
Finish	-	17:42	-	5	5:14	30	7:40	8.00	46:14	-	5	13:44	30	19:48