



WBG Zukunft Geraauelauf

Erfurt / 03.06.2023

Detailed evaluation

Frank Ohlhorst

Club: Erdinger Active Team

Number: 227

Course: 21.00 km

Halbmarathon

Category:

Senioren M60 (60-64)

Total time: 1:33:16

Speed: 13.51 km/h

Running performance: 4:26 min/km

Rank in course/Total: 6 (of 35)

Rank in course/Men: 6 (of 28)

Best time in course: 1:16:53

Rank in category: 1(of 1)

Best time in the category: 1:33:16

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Zwischenzeit I	-	5:53	-	1	-	8	1:08	-	5:53	-	1	-	8	1:08
Zwischenzeit II	-	15:35	-	1	-	6	2:33	-	21:28	-	1	-	6	3:41
Zwischenzeit I	-	18:28	-	1	-	5	2:59	-	39:56	-	1	-	6	6:40
Zwischenzeit II	-	19:02	-	1	-	5	2:58	-	58:58	-	1	-	5	9:38
Zwischenzeit I	-	19:15	-	1	-	5	3:41	-	1:18:13	-	1	-	5	13:19
Finish	-	15:03	-	1	-	7	3:04	21.00	1:33:16	-	1	-	6	16:23