



Panorama Berglauf

Luisenthal, Freizeitgelände am Sportplatz / 27.07.2024

Detailed evaluation

Jens Mario Klippstein

Club: Luisenthaler SV

Number: 32

Course: 12.50 km

12,5 km - Lauf

Category:

Senioren M30 (30-34)

Total time: 1:19:07

Speed: 9.10 km/h

Running performance: 6:19 min/km

Rank in course/Total: 50 (of 70)

Rank in course/Men: 38 (of 48)

Best time in course: 48:02

Rank in category: 4(of 4)

Best time in the category: 56:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Zwischenzeit	5.80	41:43	7:11	4	11:10	38	16:40	5.80	41:43	7:11	4	11:10	38	16:40
Finish	6.70	37:24	5:34	4	12:50	36	14:25	12.50	1:19:07	6:19	4	22:27	38	31:05