



Panorama Berglauf

Luisenthal, Freizeitgelände am Sportplatz / 27.07.2024

Detailed evaluation

Marcel Krieghoff

Club: SC Impuls Erfurt e.V.

Number: 34

Course: 12.50 km

12,5 km - Lauf

Category:

Senioren M40 (40-44)

Total time: 48:02

Speed: 14.99 km/h

Running performance: 3:50 min/km

Rank in course/Total: 1 (of 70)

Rank in course/Men: 1 (of 48)

Best time in course: 48:02

Rank in category: 1(of 13)

Best time in the category: 48:02

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	5.80	25:03	4:19	1	-	1	-	5.80	25:03	4:19	1	-	1	-
Finish	6.70	22:59	3:25	1	-	1	-	12.50	48:02	3:50	1	-	1	-