



Panorama Berglauf

Luisenthal, Freizeitgelände am Sportplatz / 27.07.2024

Detailed evaluation

Gerrit Nowag

Total time: 1:19:07

Number: 44

Speed: 9.10 km/h

Running performance: 6:19 min/km

Course: 12.50 km

Rank in course/Total: 49 (of 70)

12,5 km - Lauf

Rank in course/Men: 38 (of 48)

Best time in course: 48:02

Category:

Rank in category: 10(of 13)

Senioren M40 (40-44)

Best time in the category: 48:02

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	41:35	7:10	10	16:32	37	16:32	5.80	41:35	7:10	10	16:32	37	16:32
Finish	6.70	37:32	5:36	9	14:33	37	14:33	12.50	1:19:07	6:19	10	31:05	38	31:05