



Panorama Berglauf

Luisenthal, Freizeitgelände am Sportplatz / 27.07.2024

Detailed evaluation

Szczepan Lis

Club: Pol

Number: 38

Course: 12.50 km

12,5 km - Lauf

Category:

Senioren M40 (40-44)

Total time: 1:22:47

Speed: 8.70 km/h

Running performance: 6:37 min/km

Rank in course/Total: 51 (of 70)

Rank in course/Men: 40 (of 48)

Best time in course: 48:02

Rank in category: 11(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	43:47	7:32	11	18:44	40	18:44	5.80	43:47	7:32	11	18:44	40	18:44
Finish	6.70	39:00	5:49	11	16:01	40	16:01	12.50	1:22:47	6:37	11	34:45	40	34:45