



Panorama Berglauf

Luisenthal, Freizeitgelände am Sportplatz / 27.07.2024

Detailed evaluation

Daniel Abraham

Club: OSV Kickboxen

Number: 1

Course: 12.50 km

12,5 km - Lauf

Category:

Senioren M45 (45-49)

Total time: 56:33

Speed: 12.73 km/h

Running performance: 4:31 min/km

Rank in course/Total: 4 (of 70)

Rank in course/Men: 4 (of 48)

Best time in course: 48:02

Rank in category: 2(of 7)

Best time in the category: 54:37

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	29:20	5:03	2	0:51	4	4:17	5.80	29:20	5:03	2	0:51	4	4:17
Finish	6.70	27:13	4:03	4	1:56	12	4:14	12.50	56:33	4:31	2	1:56	4	8:31