



Panorama Berglauf

Luisenthal, Freizeitgelände am Sportplatz / 27.07.2024

Detailed evaluation

Dirk Wojczyk

Club: TeamGuteLauneSport

Number: 70

Course: 12.50 km

12,5 km - Lauf

Category:

Senioren M45 (45-49)

Total time: 56:39

Speed: 12.71 km/h

Running performance: 4:31 min/km

Rank in course/Total: 5 (of 70)

Rank in course/Men: 5 (of 48)

Best time in course: 48:02

Rank in category: 3(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	31:22	5:24	4	2:53	9	6:19	5.80	31:22	5:24	4	2:53	9	6:19
Finish	6.70	25:17	3:46	1	-	3	2:18	12.50	56:39	4:31	3	2:02	5	8:37