



Panorama Berglauf

Luisenthal, Freizeitgelände am Sportplatz / 27.07.2024

Detailed evaluation

Christoph Strutz

Club: Thüringer Fernwasserversorgung

Number: 62

Course: 12.50 km

12,5 km - Lauf

Category:

Senioren M45 (45-49)

Total time: 1:05:16

Speed: 11.03 km/h

Running performance: 5:13 min/km

Rank in course/Total: 19 (of 70)

Rank in course/Men: 19 (of 48)

Best time in course: 48:02

Rank in category: 5(of 7)

Best time in the category: 54:37

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	33:54	5:50	5	5:25	17	8:51	5.80	33:54	5:50	5	5:25	17	8:51
Finish	6.70	31:22	4:40	5	6:05	19	8:23	12.50	1:05:16	5:13	5	10:39	19	17:14