



Panorama Berglauf

Luisenthal, Freizeitgelände am Sportplatz / 27.07.2024

Detailed evaluation

Ralf Kurtz

Club: Erfurt

Number: 36

Course: 12.50 km

12,5 km - Lauf

Category:

Senioren M55 (55-59)

Total time: 1:16:36

Speed: 9.40 km/h

Running performance: 6:07 min/km

Rank in course/Total: 40 (of 70)

Rank in course/Men: 33 (of 48)

Best time in course: 48:02

Rank in category: 4(of 4)

Best time in the category: 1:09:17

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	41:54	7:13	4	5:35	39	16:51	5.80	41:54	7:13	4	5:35	39	16:51
Finish	6.70	34:42	5:10	2	1:44	28	11:43	12.50	1:16:36	6:07	4	7:19	33	28:34