



# Panorama Berglauf

Luisenthal, Freizeitgelände am Sportplatz / 27.07.2024

## Detailed evaluation

**Karsten Gries**

Club: SV Sömmrda

Number: 21

Course: 12.50 km

12,5 km - Lauf

Category:

Senioren M60 (60-64)

Total time: 1:14:12

Speed: 9.70 km/h

Running performance: 5:56 min/km

Rank in course/Total: 34 (of 70)

Rank in course/Men: 30 (of 48)

Best time in course: 48:02

Rank in category: 1(of 5)

Best time in the category: 1:14:12

### 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	39:09	6:45	1	-	29	14:06	5.80	39:09	6:45	1	-	29	14:06
Finish	6.70	35:03	5:13	1	-	31	12:04	12.50	1:14:12	5:56	1	-	30	26:10