



# Panorama Berglauf

Luisenthal, Freizeitgelände am Sportplatz / 27.07.2024

## Detailed evaluation

**Holger Herrmann**

Club: Vitzerod - devils

Number: 28

Course: 12.50 km

12,5 km - Lauf

Category:

Senioren M60 (60-64)

Total time: 1:18:36

Speed: 9.16 km/h

Running performance: 6:17 min/km

Rank in course/Total: 46 (of 70)

Rank in course/Men: 36 (of 48)

Best time in course: 48:02

Rank in category: 2(of 5)

Best time in the category: 1:14:12

### Intermediate times

### Stage score

### Total ranking

| Control      | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|--------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|              |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Zwischenzeit | 5.80        | 40:49         | 7:02            | 2           | 1:40           | 34          | 15:46         | 5.80          | 40:49         | 7:02            | 2           | 1:40           | 34         | 15:46         |
| Finish       | 6.70        | 37:47         | 5:38            | 2           | 2:44           | 38          | 14:48         | 12.50         | 1:18:36       | 6:17            | 2           | 4:24           | 36         | 30:34         |