



Panorama Berglauf

Luisenthal, Freizeitgelände am Sportplatz / 27.07.2024

Detailed evaluation

Frances Heinemann

Club: Old Norse BBQ

Number: 26

Course: 12.50 km

12,5 km - Lauf

Category:

Seniorinnen W40 (40-44)

Total time: 1:12:36

Speed: 9.92 km/h

Running performance: 5:48 min/km

Rank in course/Total: 29 (of 70)

Rank in course/Women: 3 (of 22)

Best time in course: 1:08:35

Rank in category: 1(of 7)

Best time in the category: 1:12:36

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Zwischenzeit	5.80	39:01	6:43	1	-	4	1:28	5.80	39:01	6:43	1	-	4	1:28
Finish	6.70	33:35	5:00	1	-	3	2:37	12.50	1:12:36	5:48	1	-	3	4:01