



WBG Zukunft Geraauelauf

Erfurt / 24.08.2024

Detailed evaluation

Christoph Ciesla

Number: 207

Course: 21.00 km

Halbmarathon

Category:

Senioren M30 (30-34) A

Total time: 1:48:10

Speed: 11.65 km/h

Running performance: 5:09 min/km

Rank in course/Total: 20 (of 50)

Rank in course/Men: 18 (of 34)

Best time in course: 1:08:55

Rank in category: 2(of 3)

Best time in the category: 1:34:37

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total | | Total min/km | Pos Cat. | Behind Cat. | Total ranking | |
|-----------------|----------|------------|--------------|----------|-------------|-------------|------------|-------|---------|--------------|----------|-------------|---------------|------------|
| | | | | | | Pos Men | Behind Men | km | Time | | | | Pos Men | Behind Men |
| Zwischenzeit I | - | 9:07 | - | 2 | 0:51 | 19 | 2:56 | - | 9:07 | - | 2 | 0:51 | 19 | 2:56 |
| Zwischenzeit II | - | 17:28 | - | 2 | 1:41 | 18 | 5:46 | - | 26:35 | - | 2 | 2:32 | 16 | 8:42 |
| Zwischenzeit I | - | 20:14 | - | 2 | 2:35 | 16 | 6:50 | - | 46:49 | - | 2 | 5:07 | 16 | 15:32 |
| Zwischenzeit II | - | 22:10 | - | 2 | 3:36 | 20 | 8:30 | - | 1:08:59 | - | 2 | 8:43 | 19 | 24:02 |
| Zwischenzeit I | - | 22:10 | - | 2 | 3:18 | 18 | 8:50 | - | 1:31:09 | - | 2 | 12:01 | 18 | 32:52 |
| Finish | 21.00 | 17:01 | - | 2 | 1:32 | 13 | 6:23 | 21.00 | 1:48:10 | 5:09 | 2 | 13:33 | 18 | 39:15 |