



WBG Zukunft Geraauelauf

Erfurt / 24.08.2024

Detailed evaluation

Heiko Pawlik

Number: 372

Course: 9.25 km

9 km Lauf

Category:

Senioren M50 (50-54)

Total time: 46:24

Speed: 11.64 km/h

Running performance: 5:00 min/km

Rank in course/Total: 35 (of 91)

Rank in course/Men: 30 (of 57)

Best time in course: 36:04

Rank in category: 2(of 2)

Best time in the category: 44:05

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Zwischenzeit I	-	7:41	-	1	-	18	1:40	-	7:41	-	1	-	18	1:40
Zwischenzeit I	-	20:31	-	2	0:43	27	4:15	-	28:12	-	2	0:27	27	5:55
Finish	9.25	18:12	-	2	1:52	33	5:26	9.25	46:24	5:00	2	2:19	30	10:20