



WBG Zukunft Geraauelauf

Erfurt / 24.08.2024

Detailed evaluation

Ralph Adams

Club: GutsMuths Rennsteiglaufverein

Number: 301

Course: 9.25 km

9 km Lauf

Category:

Senioren M55 (55-59)

Total time: 49:14

Speed: 10.97 km/h

Running performance: 5:19 min/km

Rank in course/Total: 49 (of 91)

Rank in course/Men: 37 (of 57)

Best time in course: 36:04

Rank in category: 1(of 5)

Best time in the category: 49:14

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	-	7:44	-	1	-	20	1:43	-	7:44	-	1	-	20	1:43
Zwischenzeit I	-	22:16	-	1	-	37	6:00	-	30:00	-	1	-	37	7:43
Finish	9.25	19:14	-	2	0:29	38	6:28	9.25	49:14	5:19	1	-	37	13:10