



WBG Zukunft Geraauelauf

Erfurt / 24.08.2024

Detailed evaluation

Jens Gutjahr

Club: GuthsMuths Rennsteiglaufverein e.V.

Number: 330

Course: 9.25 km

9 km Lauf

Category:

Senioren M55 (55-59)

Total time: 55:57

Speed: 9.65 km/h

Running performance: 6:02 min/km

Rank in course/Total: 75 (of 91)

Rank in course/Men: 51 (of 57)

Best time in course: 36:04

Rank in category: 3(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 | - | 9:29 | - | 3 | 1:45 | 46 | 3:28 | - | 9:29 | - | 3 | 1:45 | 46 | 3:28 |
| Zwischenzeit I | - | 24:04 | - | 3 | 1:48 | 48 | 7:48 | - | 33:33 | - | 3 | 3:33 | 47 | 11:16 |
| Finish | 9.25 | 22:24 | - | 3 | 3:39 | 52 | 9:38 | 9.25 | 55:57 | 6:02 | 3 | 6:43 | 51 | 19:53 |