



WBG Zukunft Geraauelauf

Erfurt / 24.08.2024

Detailed evaluation

Hans-Jörg Ciesla

Number: 316

Course: 9.25 km

9 km Lauf

Category:

Senioren M55 (55-59)

Total time: 1:03:33

Speed: 8.50 km/h

Running performance: 6:52 min/km

Rank in course/Total: 85 (of 91)

Rank in course/Men: 54 (of 57)

Best time in course: 36:04

Rank in category: 4(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Zwischenzeit I	-	11:15	-	4	3:31	56	5:14	-	11:15	-	4	3:31	56	5:14
Zwischenzeit I	-	28:11	-	4	5:55	54	11:55	-	39:26	-	4	9:26	54	17:09
Finish	9.25	24:07	-	4	5:22	53	11:21	9.25	1:03:33	6:52	4	14:19	54	27:29