



# WBG Zukunft Geraauelauf

Erfurt / 24.08.2024

## Detailed evaluation

**Carolin Freitag**

Club: GutsMuths-Rennsteiglaufverein

Number: 323

Course: 9.25 km

9 km Lauf

Category:

Seniorinnen W35 (35-39)

Total time: 54:38

Speed: 9.88 km/h

Running performance: 5:54 min/km

Rank in course/Total: 69 (of 91)

Rank in course/Women: 22 (of 34)

Best time in course: 34:42

Rank in category: 3(of 6)

Best time in the category: 46:21

### 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. | Pos Women | Behind Women |
|----------------|----------|------------|--------------|----------|-------------|-------------|--------------|-------|-------|--------------|----------|-------------|-----------|--------------|
|                |          |            |              |          |             | Pos Women   | Behind Women | km    | Time  |              |          |             |           |              |
| Zwischenzeit I | -        | 10:41      | -            | 5        | 3:01        | 31          | 4:41         | -     | 10:41 | -            | 5        | 3:01        | 31        | 4:41         |
| Zwischenzeit I | -        | 24:04      | -            | 3        | 2:58        | 20          | 8:11         | -     | 34:45 | -            | 3        | 5:59        | 22        | 12:52        |
| Finish         | 9.25     | 19:53      | -            | 3        | 2:18        | 18          | 7:04         | 9.25  | 54:38 | 5:54         | 3        | 8:17        | 22        | 19:56        |