



WBG Zukunft Geraauelauf

Erfurt / 24.08.2024

Detailed evaluation

Ines Mittelbach

Club: Laufen gegen Leiden

Number: 233

Course: 9.25 km

9 km Lauf

Category:

Seniorinnen W45 (45-49)

Total time: 50:52

Speed: 10.62 km/h

Running performance: 5:29 min/km

Rank in course/Total: 54 (of 91)

Rank in course/Women: 14 (of 34)

Best time in course: 34:42

Rank in category: 1(of 4)

Best time in the category: 50:52

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Zwischenzeit I	-	9:17	-	1	-	19	3:17	-	9:17	-	1	-	19	3:17
Zwischenzeit I	-	23:04	-	1	-	15	7:11	-	32:21	-	1	-	16	10:28
Finish	9.25	18:31	-	1	-	11	5:42	9.25	50:52	5:29	1	-	14	16:10