



Henneseer Panorama Lauf  
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Beckmann, Micha

Club: Palma Runners  
Number: 545

Course: 17.50 km  
Panorama Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:29:05

Speed: 11.45 km/h  
Running performance: 5:05 min/km

Rank in course/Total: 35 (of 82)

Rank in course/Men: 33 (of 66)

Best time in course: 1:05:47

Rank in category: 10(of 16)

Best time in the category: 1:14:32

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
5,2 km	5.20	29:43	5:42	11	4:44	43	8:35	5.20	29:43	5:42	10	4:33	18	0:02
10,0 km	4.80	24:14	5:02	9	4:19	31	6:30	10.00	53:57	5:23	10	8:52	18	
Finish	7.50	35:08	4:41	8	5:41	27	8:13	17.50	1:29:05	5:05	10	14:33	33	23:18