



Henneseer Panorama Lauf  
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Zipplies, Günter

Club: Soest  
Number: 589

Course: 17.50 km  
Panorama Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:29:19

Speed: 11.42 km/h  
Running performance: 5:06 min/km

Rank in course/Total: 37 (of 82)

Rank in course/Men: 35 (of 66)

Best time in course: 1:05:47

Rank in category: 7(of 10)

Best time in the category: 1:10:10

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	29:07	5:35	7	6:25	34	7:59	5.20	29:07	5:35	7	6:25	16	
10,0 km	4.80	24:20	5:04	7	5:29	35	6:36	10.00	53:27	5:20	7	11:54	16	
Finish	7.50	35:52	4:46	6	7:15	33	8:57	17.50	1:29:19	5:06	7	19:09	35	23:32