



Henneseer Panorama Lauf  
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Bruder, Antonius

Club: TUS Wallenstein  
Number: 560

Course: 17.50 km  
Panorama Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:29:30

Speed: 11.40 km/h  
Running performance: 5:07 min/km

Rank in course/Total: 38 (of 82)

Rank in course/Men: 36 (of 66)

Best time in course: 1:05:47

Rank in category: 6(of 14)

Best time in the category: 1:18:12

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
5,2 km	5.20	29:39	5:42	6	4:01	41	8:31	5.20	29:39	5:42	6	4:01	15	
10,0 km	4.80	24:38	5:07	7	3:37	39	6:54	10.00	54:17	5:25	6	7:38	15	
Finish	7.50	35:13	4:41	5	3:40	29	8:18	17.50	1:29:30	5:06	6	11:18	36	23:43