



Henneseer Panorama Lauf  
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Sander, Dietmar

Club: LG Burg Wiedenbrück  
Number: 574

Course: 17.50 km  
Panorama Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:30:27

Speed: 11.61 km/h  
Running performance: 5:10 min/km

Rank in course/Total: 42 (of 82)

Rank in course/Men: 40 (of 66)

Best time in course: 1:05:47

Rank in category: 7(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.	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	29:47	5:43	7	4:09	44	8:39	5.20	29:47	5:43	7	4:09	11	0:06
10,0 km	4.80	24:24	5:04	6	3:23	37	6:40	10.00	54:11	5:25	7	7:32	11	
Finish	7.50	36:16	4:50	6	4:43	37	9:21	17.50	1:30:27	5:10	7	12:15	40	24:40