



Hennesee Panorama Lauf
Meschede - Hennesee / 15.04.2012

Detailed evaluation

Armbrust, Gerrit

Club: DV Hellefeld
Number: 572

Course: 17.50 km
Panorama Lauf

Category:
Männer (20-29 Jahre)

Total time: 1:30:48

Speed: 11.23 km/h
Running performance: 5:11 min/km

Rank in course/Total: 45 (of 82)

Rank in course/Men: 43 (of 66)

Best time in course: 1:05:47

Rank in category: 4(of 4)

Best time in the category: 1:09:00

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	29:10	5:36	3	7:11	35	8:02	5.20	29:10	5:36	4	7:11	8		
10,0 km	4.80	24:50	5:10	3	6:01	42	7:06	10.00	54:00	5:24	4	13:12	8		
Finish	7.50	36:48	4:54	4	8:36	43	9:53	17.50	1:30:48	5:11	4	21:48	43	25:01	