



Henneseer Panorama Lauf
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Kowalewski, Klaus

Club: LG Burg Wiedenbrück
Number: 541

Course: 17.50 km
Panorama Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:32:40

Speed: 11.01 km/h
Running performance: 5:18 min/km

Rank in course/Total: 48 (of 82)

Rank in course/Men: 45 (of 66)

Best time in course: 1:05:47

Rank in category: 8(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	30:02	5:46	8	4:24	45	8:54	5.20	30:02	5:46	8	4:24	7	0:21
10,0 km	4.80	25:07	5:13	8	4:06	45	7:23	10.00	55:09	5:30	8	8:30	7	0:28
Finish	7.50	37:31	5:00	8	5:58	45	10:36	17.50	1:32:40	5:17	8	14:28	45	26:53