



Hennesee Panorama Lauf
Meschede - Hennesee / 15.04.2012

Detailed evaluation

Lüningschrör, Dietmar

Club: LG Burg Wiedenbrück
Number: 567

Course: 17.50 km
Panorama Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:34:34

Speed: 10.79 km/h
Running performance: 5:24 min/km

Rank in course/Total: 49 (of 82)

Rank in course/Men: 46 (of 66)

Best time in course: 1:05:47

Rank in category: 9(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	31:01	5:57	9	5:23	46	9:53	5.20	31:01	5:57	9	5:23	6	1:20
10,0 km	4.80	25:15	5:15	9	4:14	46	7:31	10.00	56:16	5:37	9	9:37	6	1:35
Finish	7.50	38:18	5:06	10	6:45	47	11:23	17.50	1:34:34	5:24	9	16:22	46	28:47