



Henneseer Panorama Lauf
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Unkel, Claus

Club: Arnsberg
Number: 516

Course: 17.50 km
Panorama Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:35:31

Speed: 10.68 km/h
Running performance: 5:28 min/km

Rank in course/Total: 50 (of 82)

Rank in course/Men: 47 (of 66)

Best time in course: 1:05:47

Rank in category: 8(of 10)

Best time in the category: 1:10:10

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	33:38	6:28	9	10:56	60	12:30	5.20	33:38	6:28	8	10:56	5	3:57
10,0 km	4.80	25:56	5:24	8	7:05	48	8:12	10.00	59:34	5:57	8	18:01	5	4:53
Finish	7.50	35:57	4:47	7	7:20	35	9:02	17.50	1:35:31	5:27	8	25:21	47	29:44