



Hennesee Panorama Lauf
Meschede - Hennesee / 15.04.2012

Detailed evaluation

Windau, Norbert

Club: LG Burg Wiedenbrück
Number: 564

Course: 17.50 km
Panorama Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:35:56

Speed: 10.63 km/h
Running performance: 5:29 min/km

Rank in course/Total: 51 (of 82)

Rank in course/Men: 48 (of 66)

Best time in course: 1:05:47

Rank in category: 4(of 7)

Best time in the category: 1:17:28

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	29:00	5:34	3	3:14	32	7:52	5.20	29:00	5:34	4	3:14	4	
10,0 km	4.80	24:51	5:10	4	4:14	43	7:07	10.00	53:51	5:23	4	7:28	4	
Finish	7.50	42:05	5:36	6	11:00	60	15:10	17.50	1:35:56	5:28	4	18:28	48	30:09