



Hennesee Panorama Lauf
Meschede - Hennesee / 15.04.2012

Detailed evaluation

Kipry, Volker

Club: TV Flerke
Number: 508

Course: 17.50 km
Panorama Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:36:35

Speed: 10.56 km/h
Running performance: 5:31 min/km

Rank in course/Total: 52 (of 82)

Rank in course/Men: 49 (of 66)

Best time in course: 1:05:47

Rank in category: 12(of 16)

Best time in the category: 1:14:32

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	32:27	6:14	15	7:28	53	11:19	5.20	32:27	6:14	12	7:17	3	2:46
10,0 km	4.80	25:45	5:21	12	5:50	47	8:01	10.00	58:12	5:49	12	13:07	3	3:31
Finish	7.50	38:23	5:07	12	8:56	48	11:28	17.50	1:36:35	5:31	12	22:03	49	30:48