



Hennesee Panorama Lauf
 Meschede - Hennesee / 15.04.2012

Detailed evaluation

Kotthoff, Bertin

Club: Meschede
 Number: 580

Course: 17.50 km
 Panorama Lauf

Category:
 Senioren M50 (50-54 Jahre)

Total time: 1:37:02

Speed: 10.82 km/h
 Running performance: 5:32 min/km

Rank in course/Total: 53 (of 82)

Rank in course/Men: 50 (of 66)

Best time in course: 1:05:47

Rank in category: 10(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 | 32:04 | 6:10 | 10 | 6:26 | 51 | 10:56 | 5.20 | 32:04 | 6:10 | 10 | 6:26 | 2 | 2:23 |
| 10,0 km | 4.80 | 26:55 | 5:36 | 11 | 5:54 | 55 | 9:11 | 10.00 | 58:59 | 5:53 | 10 | 12:20 | 2 | 4:18 |
| Finish | 7.50 | 38:03 | 5:04 | 9 | 6:30 | 46 | 11:08 | 17.50 | 1:37:02 | 5:32 | 10 | 18:50 | 50 | 31:15 |