



Henneseer Panorama Lauf
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Reuther, Frank

Club: Laufgruppe Interprint
Number: 504

Course: 17.50 km
Panorama Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:37:14

Speed: 10.49 km/h
Running performance: 5:34 min/km

Rank in course/Total: 54 (of 82)

Rank in course/Men: 51 (of 66)

Best time in course: 1:05:47

Rank in category: 13(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
5,2 km	5.20	31:21	6:01	13	6:22	48	10:13	5.20	31:21	6:01	13	6:11	10	1:40
10,0 km	4.80	26:14	5:27	13	6:19	49	8:30	10.00	57:35	5:45	13	12:30	10	2:54
Finish	7.50	39:39	5:17	15	10:12	52	12:44	17.50	1:37:14	5:33	13	22:42	51	31:27