



Henneseer Panorama Lauf
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Schaffer, Thomas

Club: Blomberg
Number: 556

Course: 17.50 km
Panorama Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:37:33

Speed: 10.76 km/h
Running performance: 5:34 min/km

Rank in course/Total: 57 (of 82)

Rank in course/Men: 53 (of 66)

Best time in course: 1:05:47

Rank in category: 15(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	31:34	6:04	14	6:35	49	10:26	5.20	31:34	6:04	15	6:24	20	1:53
10,0 km	4.80	26:26	5:30	16	6:31	52	8:42	10.00	58:00	5:47	15	12:55	20	3:19
Finish	7.50	39:33	5:16	14	10:06	51	12:38	17.50	1:37:33	5:34	15	23:01	53	31:46