



Hennesee Panorama Lauf
Meschede - Hennesee / 15.04.2012

Detailed evaluation

Schmedtmann, Dirk

Club: LG Burg Wiedenbrück
Number: 538

Course: 17.50 km
Panorama Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:38:26

Speed: 10.36 km/h
Running performance: 5:37 min/km

Rank in course/Total: 58 (of 82)

Rank in course/Men: 54 (of 66)

Best time in course: 1:05:47

Rank in category: 16(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	33:34	6:27	16	8:35	59	12:26	5.20	33:34	6:27	16	8:24	21	3:53
10,0 km	4.80	26:20	5:29	14	6:25	50	8:36	10.00	59:54	5:59	16	14:49	21	5:13
Finish	7.50	38:32	5:08	13	9:05	49	11:37	17.50	1:38:26	5:37	16	23:54	54	32:39