



Henneseer Panorama Lauf  
Meschede - Henneseer / 15.04.2012

Detailed evaluation

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Club: TV Flerke  
Number: 525

Course: 17.50 km  
Panorama Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:38:31

Speed: 10.35 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 59 (of 82)

Rank in course/Men: 55 (of 66)

Best time in course: 1:05:47

Rank in category: 11(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.	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	32:47	6:18	12	7:09	55	11:39	5.20	32:47	6:18	11	7:09	22	3:06
10,0 km	4.80	26:40	5:33	10	5:39	53	8:56	10.00	59:27	5:56	11	12:48	22	4:46
Finish	7.50	39:04	5:12	11	7:31	50	12:09	17.50	1:38:31	5:37	11	20:19	55	32:44