



Henneseer Panorama Lauf

Meschede - Henneseer / 15.04.2012

Detailed evaluation

Link, Mirko

Club: Triathlon Team TG Witten
Number: 530

Course: 17.50 km
Panorama Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:38:35

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

Rank in course/Total: 60 (of 82)

Rank in course/Men: 56 (of 66)

Best time in course: 1:05:47

Rank in category: 8(of 9)

Best time in the category: 1:05:47

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	31:58	6:08	7	10:50	50	10:50	5.20	31:58	6:08	7	10:50	23	2:17
10,0 km	4.80	26:42	5:33	7	8:58	54	8:58	10.00	58:40	5:51	7	19:48	23	3:59
Finish	7.50	39:55	5:19	7	13:00	56	13:00	17.50	1:38:35	5:37	8	32:48	56	32:48