



Henneseer Panorama Lauf
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Lenneffer, Rainer

Club: LG Vamos a la playa Soest
Number: 519

Course: 17.50 km
Panorama Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:41:05

Speed: 10.09 km/h
Running performance: 5:47 min/km

Rank in course/Total: 67 (of 82)

Rank in course/Men: 58 (of 66)

Best time in course: 1:05:47

Rank in category: 13(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	33:00	6:20	13	7:22	56	11:52	5.20	33:00	6:20	13	7:22	25	3:19
10,0 km	4.80	28:18	5:53	13	7:17	57	10:34	10.00	1:01:18	6:07	13	14:39	25	6:37
Finish	7.50	39:47	5:18	12	8:14	54	12:52	17.50	1:41:05	5:46	13	22:53	58	35:18