



Henneseer Panorama Lauf
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Hofmann, Rainer

Club: Vega Sprinter Henneseer
Number: 585

Course: 17.50 km
Panorama Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:41:29

Speed: 10.35 km/h
Running performance: 5:48 min/km

Rank in course/Total: 68 (of 82)

Rank in course/Men: 59 (of 66)

Best time in course: 1:05:47

Rank in category: 5(of 7)

Best time in the category: 1:17:28

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
5,2 km	5.20	33:02	6:21	5	7:16	57	11:54	5.20	33:02	6:21	5	7:16	26	3:21
10,0 km	4.80	28:26	5:55	5	7:49	58	10:42	10.00	1:01:28	6:08	5	15:05	26	6:47
Finish	7.50	40:01	5:20	4	8:56	57	13:06	17.50	1:41:29	5:47	5	24:01	59	35:42