



Henneseer Panorama Lauf

Meschede - Hennesee / 15.04.2012

Detailed evaluation

Griggel, Heinz

Club: Essen
Number: 579

Course: 17.50 km
Panorama Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 1:44:39

Speed: 9.75 km/h
Running performance: 5:59 min/km

Rank in course/Total: 71 (of 82)

Rank in course/Men: 60 (of 66)

Best time in course: 1:05:47

Rank in category: 3(of 3)

Best time in the category: 1:23:48

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	34:49	6:41	3	7:54	62	13:41	5.20	34:49	6:41	3	7:54	27	5:08
10,0 km	4.80	28:57	6:01	3	6:24	60	11:13	10.00	1:03:46	6:22	3	14:18	27	9:05
Finish	7.50	40:53	5:27	3	6:33	58	13:58	17.50	1:44:39	5:58	3	20:51	60	38:52