



Hennesee Panorama Lauf  
Meschede - Hennesee / 15.04.2012

Detailed evaluation

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Club: Laufgruppe Interprint  
Number: 520

Course: 17.50 km  
Panorama Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:47:06

Speed: 9.80 km/h  
Running performance: 6:07 min/km

Rank in course/Total: 74 (of 82)

Rank in course/Men: 62 (of 66)

Best time in course: 1:05:47

Rank in category: 9(of 10)

Best time in the category: 1:10:10

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	33:20	6:24	8	10:38	58	12:12	5.20	33:20	6:24	9	10:38	29	3:39
10,0 km	4.80	29:03	6:03	9	10:12	62	11:19	10.00	1:02:23	6:14	9	20:50	29	7:42
Finish	7.50	44:43	5:57	9	16:06	61	17:48	17.50	1:47:06	6:07	9	36:56	62	41:19