



Hennesees Panorama Lauf

Meschede - Hennesee / 15.04.2012

Detailed evaluation

Vallee, Raymond

Club: Warstein

Number: 568

Course: 17.50 km

Panorama Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:52:44

Speed: 9.05 km/h

Running performance: 6:26 min/km

Rank in course/Total: 79 (of 82)

Rank in course/Men: 63 (of 66)

Best time in course: 1:05:47

Rank in category: 14(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
5,2 km	5.20	36:25	7:00	14	10:47	63	15:17	5.20	36:25	7:00	14	10:47	30	6:44
10,0 km	4.80	29:56	6:14	14	8:55	63	12:12	10.00	1:06:21	6:38	14	19:42	30	11:40
Finish	7.50	46:23	6:11	14	14:50	62	19:28	17.50	1:52:44	6:26	14	34:32	63	46:57