



Hennesee Panorama Lauf
Meschede - Hennesee / 15.04.2012

Detailed evaluation

Mikschaitis, Thorsten

Club: Nachrodt-Wiblingwerde
Number: 582

Course: 17.50 km
Panorama Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:52:49

Speed: 9.04 km/h
Running performance: 6:27 min/km

Rank in course/Total: 80 (of 82)

Rank in course/Men: 64 (of 66)

Best time in course: 1:05:47

Rank in category: 9(of 9)

Best time in the category: 1:05:47

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	32:18	6:12	8	11:10	52	11:10	5.20	32:18	6:12	8	11:10	31	2:37
10,0 km	4.80	28:49	6:00	8	11:05	59	11:05	10.00	1:01:07	6:06	8	22:15	31	6:26
Finish	7.50	51:42	6:53	8	24:47	64	24:47	17.50	1:52:49	6:26	9	47:02	64	47:02