



Henneseer Panorama Lauf
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Kuhlmann, Guido

Club: RC Sorpeseer Triathlon
Number: 669

Course: 10.00 km
10.000 m Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 33:34

Speed: 17.87 km/h
Running performance: 3:22 min/km

Rank in course/Total: 1 (of 30)

Rank in course/Men: 1 (of 22)

Best time in course: 33:34

Rank in category: 1(of 5)

Best time in the category: 33:34

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	
Wendestelle	5.00	16:37	3:19	1	-	1	-	5.00	16:37	3:19	1	-	12		
Finish	5.00	16:57	3:23	1	-	1	-	10.00	33:34	3:21	1	-	1		