



Henneseer Panorama Lauf
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Ingenmey, Franz-Josef

Club: LT Bittermark Dortmund
Number: 546

Course: 17.50 km
Panorama Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:08:05

Speed: 7.96 km/h
Running performance: 7:19 min/km

Rank in course/Total: 82 (of 82)

Rank in course/Men: 66 (of 66)

Best time in course: 1:05:47

Rank in category: 7(of 7)

Best time in the category: 1:17:28

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	40:40	7:49	7	14:54	65	19:32	5.20	40:40	7:49	7	14:54	33	10:59
10,0 km	4.80	34:44	7:14	7	14:07	65	17:00	10.00	1:15:24	7:32	7	29:01	33	20:43
Finish	7.50	52:41	7:01	7	21:36	65	25:46	17.50	2:08:05	7:19	7	50:37	66	1:02:18