



Henneseer Panorama Lauf
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Willingmann, Todt G.

Club: Night Runners Hamm
Number: 677

Course: 10.00 km
10.000 m Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 44:13

Speed: 13.57 km/h
Running performance: 4:25 min/km

Rank in course/Total: 4 (of 30)

Rank in course/Men: 3 (of 22)

Best time in course: 33:34

Rank in category: 1(of 4)

Best time in the category: 44:13

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	21:53	4:22	1	-	3	5:16	5.00	21:53	4:22	1	-	21		
Finish	5.00	22:20	4:28	1	-	3	5:23	10.00	44:13	4:25	1	-	3	10:39	