



Henneseer Panorama Lauf  
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Lokaj, Tahir

Club: Dortmund  
Number: 657

Course: 10.00 km  
10.000 m Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 48:33

Speed: 12.36 km/h  
Running performance: 4:52 min/km

Rank in course/Total: 9 (of 30)

Rank in course/Men: 7 (of 22)

Best time in course: 33:34

Rank in category: 2(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	24:09	4:49	2	7:32	4	7:32	5.00	24:09	4:49	2	7:32	17		
Finish	5.00	24:24	4:52	2	7:27	9	7:27	10.00	48:33	4:51	2	14:59	7	14:59	