



Henneseer Panorama Lauf
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Manicke, Björn

Club: Fan Club Ruhrdorfer Marmeladen
Number: 675

Course: 10.00 km
10.000 m Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 48:38

Speed: 12.34 km/h
Running performance: 4:52 min/km

Rank in course/Total: 10 (of 30)

Rank in course/Men: 8 (of 22)

Best time in course: 33:34

Rank in category: 2(of 2)

Best time in the category: 48:09

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	25:13	5:02	2	0:26	13	8:36	5.00	25:13	5:02	2	0:26	16	0:09
Finish	5.00	23:25	4:41	2	0:03	5	6:28	10.00	48:38	4:51	2	0:29	8	15:04