



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 |