



Henneseer Panorama Lauf
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Frauenheim, Josef

Club: Marathon Soest
Number: 663

Course: 10.00 km
10.000 m Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 49:17

Speed: 12.17 km/h
Running performance: 4:56 min/km

Rank in course/Total: 12 (of 30)

Rank in course/Men: 10 (of 22)

Best time in course: 33:34

Rank in category: 2(of 2)

Best time in the category: 41:34

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	24:31	4:54	2	3:51	8	7:54	5.00	24:31	4:54	2	3:51	14	
Finish	5.00	24:46	4:57	2	3:52	11	7:49	10.00	49:17	4:55	2	7:43	10	15:43