



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 |