



Hennesee Panorama Lauf
Meschede - Hennesee / 15.04.2012

Detailed evaluation

Graewe, Olaf

Club: Finnentrop
Number: 674

Course: 10.00 km
10.000 m Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 49:20

Speed: 12.16 km/h
Running performance: 4:56 min/km

Rank in course/Total: 13 (of 30)

Rank in course/Men: 11 (of 22)

Best time in course: 33:34

Rank in category: 2(of 4)

Best time in the category: 47:53

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 | 25:11 | 5:02 | 2 | 0:44 | 12 | 8:34 | 5.00 | 25:11 | 5:02 | 2 | 0:44 | 13 | 0:07 |
| Finish | 5.00 | 24:09 | 4:49 | 2 | 0:43 | 7 | 7:12 | 10.00 | 49:20 | 4:56 | 2 | 1:27 | 11 | 15:46 |