



Henneseer Panorama Lauf
 Meschede - Henneseer / 15.04.2012

Detailed evaluation

Janßen, Volker

Club: Arnsberg
 Number: 658

Course: 10.00 km
 10.000 m Lauf

Category:
 Senioren M30 (30-34 Jahre)

Total time: 50:08
 Speed: 11.97 km/h
 Running performance: 5:01 min/km
 Rank in course/Total: 15 (of 30)
 Rank in course/Men: 12 (of 22)
 Best time in course: 33:34
 Rank in category: 3(of 5)
 Best time in the category: 33:34

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	25:04	5:00	3	8:27	10	8:27	5.00	25:04	5:00	3	8:27	1	-
Finish	5.00	25:04	5:00	3	8:07	13	8:07	10.00	50:08	5:00	3	16:34	12	16:34