



Hennesee Panorama Lauf
Meschede - Hennesee / 15.04.2012

Detailed evaluation

Köhnke, Oliver

Club: LC Attendorn
Number: 672

Course: 10.00 km
10.000 m Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 50:58

Speed: 11.77 km/h
Running performance: 5:06 min/km

Rank in course/Total: 18 (of 30)

Rank in course/Men: 14 (of 22)

Best time in course: 33:34

Rank in category: 3(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	25:40	5:08	3	1:13	16	9:03	5.00	25:40	5:08	3	1:13	10	0:36
Finish	5.00	25:18	5:03	3	1:52	14	8:21	10.00	50:58	5:05	3	3:05	14	17:24