



Henneseer Panorama Lauf
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Baffa, Martin

Club: Night Runners Hamm
Number: 680

Course: 10.00 km
10.000 m Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 54:33

Speed: 11.00 km/h
Running performance: 5:28 min/km

Rank in course/Total: 22 (of 30)

Rank in course/Men: 18 (of 22)

Best time in course: 33:34

Rank in category: 4(of 4)

Best time in the category: 44:13

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	26:55	5:23	4	5:02	19	10:18	5.00	26:55	5:23	4	5:02	6	1:51
Finish	5.00	27:38	5:31	4	5:18	19	10:41	10.00	54:33	5:27	4	10:20	18	20:59