



Hennesee Panorama Lauf
Meschede - Hennesee / 15.04.2012

Detailed evaluation

Krümmer, Karl-Heinrich

Club: Anröchte
Number: 655

Course: 10.00 km
10.000 m Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 55:04

Speed: 10.90 km/h
Running performance: 5:31 min/km

Rank in course/Total: 24 (of 30)

Rank in course/Men: 19 (of 22)

Best time in course: 33:34

Rank in category: 4(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	26:25	5:16	4	9:48	18	9:48	5.00	26:25	5:16	4	9:48	5	1:21
Finish	5.00	28:39	5:43	5	11:42	20	11:42	10.00	55:04	5:30	4	21:30	19	21:30