



Hennesee Panorama Lauf
Meschede - Hennesee / 15.04.2012

Detailed evaluation

Shehab, Ismail

Club: Dortmund
Number: 662

Course: 10.00 km
10.000 m Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 55:17

Speed: 10.85 km/h
Running performance: 5:32 min/km

Rank in course/Total: 25 (of 30)

Rank in course/Men: 20 (of 22)

Best time in course: 33:34

Rank in category: 5(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	28:22	5:40	5	11:45	22	11:45	5.00	28:22	5:40	5	11:45	4	3:18
Finish	5.00	26:55	5:23	4	9:58	17	9:58	10.00	55:17	5:31	5	21:43	20	21:43