



Hennesee Panorama Lauf  
Meschede - Hennesee / 15.04.2012

Detailed evaluation

Plaskett, David

Club: Iserlohn  
Number: 853

Course: 5.00 km  
Jogginglauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 25:07

Speed: 11.94 km/h  
Running performance: 5:01 min/km

Rank in course/Total: 4 (of 22)

Rank in course/Men: 3 (of 8)

Best time in course: 18:17

Rank in category: 2(of 2)

Best time in the category: 21:57

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	2.50	12:04	4:49	2	1:18	3	3:07	2.50	12:04	4:49	2	1:18	3	3:07
Finish	2.50	13:03	5:13	2	1:52	4	3:43	5.00	25:07	5:01	2	3:10	3	6:50