



Hennesee Panorama Lauf  
Meschede - Hennesee / 15.04.2012

Detailed evaluation

Lange, Florian

Club: Sundern  
Number: 588

Course: 5.00 km  
Jogginglauf

Category:  
Männer (20-29 Jahre)

Total time: 28:34

Speed: 10.50 km/h  
Running performance: 5:43 min/km

Rank in course/Total: 12 (of 22)

Rank in course/Men: 5 (of 8)

Best time in course: 18:17

Rank in category: 1(of 1)

Best time in the category: 28:34

Intermediate times

Stage score

Total ranking

| Control     | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|             |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Wendestelle | 2.50        | 13:54         | 5:33            | 1           | -              | 5           | 4:57          | 2.50          | 13:54         | 5:33            | 1           | -              | 5          | 4:57          |
| Finish      | 2.50        | 14:40         | 5:51            | 1           | -              | 6           | 5:20          | 5.00          | 28:34         | 5:42            | 1           | -              | 5          | 10:17         |