



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 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	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