



Hennesee Panorama Lauf
Meschede - Hennesee / 15.04.2012

Detailed evaluation

Kraus, André

Club: LAC Veltins Hochsauerland
Number: 537

Course: 17.50 km
Panorama Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:05:47

Speed: 15.51 km/h
Running performance: 3:46 min/km

Rank in course/Total: 1 (of 82)

Rank in course/Men: 1 (of 66)

Best time in course: 1:05:47

Rank in category: 1(of 9)

Best time in the category: 1:05:47

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
5,2 km	5.20	21:08	4:03	1	-	1	-	5.20	21:08	4:03	1	-	50	
10,0 km	4.80	17:44	3:41	1	-	1	-	10.00	38:52	3:53	1	-	50	
Finish	7.50	26:55	3:35	1	-	1	-	17.50	1:05:47	3:45	1	-	1	-