



Hennesee Panorama Lauf
Meschede - Hennesee / 15.04.2012

Detailed evaluation

Löher, Andre

Club: TriFun Hennesee
Number: 557

Course: 17.50 km
Panorama Lauf

Category:
Männer (20-29 Jahre)

Total time: 1:09:00

Speed: 14.78 km/h
Running performance: 3:56 min/km

Rank in course/Total: 2 (of 82)

Rank in course/Men: 2 (of 66)

Best time in course: 1:05:47

Rank in category: 1(of 4)

Best time in the category: 1:09:00

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	21:59	4:13	1	-	2	0:51	5.20	21:59	4:13	1	-	35	
10,0 km	4.80	18:49	3:55	1	-	2	1:05	10.00	40:48	4:04	1	-	35	
Finish	7.50	28:12	3:45	1	-	2	1:17	17.50	1:09:00	3:56	1	-	2	3:13