



Henneseer Panorama Lauf
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Razlaf, Juri

Club: Anröchte
Number: 659

Course: 17.50 km
Panorama Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:10:10

Speed: 14.96 km/h
Running performance: 4:01 min/km

Rank in course/Total: 3 (of 82)

Rank in course/Men: 3 (of 66)

Best time in course: 1:05:47

Rank in category: 1(of 10)

Best time in the category: 1:10:10

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	22:42	4:21	1	-	3	1:34	5.20	22:42	4:21	1	-	36	
10,0 km	4.80	18:51	3:55	1	-	3	1:07	10.00	41:33	4:09	1	-	36	
Finish	7.50	28:37	3:48	1	-	3	1:42	17.50	1:10:10	4:00	1	-	3	4:23