



Henneseer Panorama Lauf  
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Horn, Christian

Club: LG Burg Wiedenbrück  
Number: 569

Course: 17.50 km  
Panorama Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:14:32

Speed: 14.09 km/h  
Running performance: 4:16 min/km

Rank in course/Total: 4 (of 82)

Rank in course/Men: 4 (of 66)

Best time in course: 1:05:47

Rank in category: 1(of 16)

Best time in the category: 1:14:32

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	25:10	4:50	3	0:11	6	4:02	5.20	25:10	4:50	1	-	37	
10,0 km	4.80	19:55	4:08	1	-	4	2:11	10.00	45:05	4:30	1	-	37	
Finish	7.50	29:27	3:55	1	-	4	2:32	17.50	1:14:32	4:15	1	-	4	8:45