



Henneseer Panorama Lauf
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Czymoch, Uwe

Club: Marathon Soest
Number: 581

Course: 17.50 km
Panorama Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:17:28

Speed: 13.55 km/h
Running performance: 4:26 min/km

Rank in course/Total: 5 (of 82)

Rank in course/Men: 5 (of 66)

Best time in course: 1:05:47

Rank in category: 1(of 7)

Best time in the category: 1:17:28

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	25:46	4:57	1	-	9	4:38	5.20	25:46	4:57	1	-	38	
10,0 km	4.80	20:37	4:17	1	-	5	2:53	10.00	46:23	4:38	1	-	38	
Finish	7.50	31:05	4:08	1	-	5	4:10	17.50	1:17:28	4:25	1	-	5	11:41