



Hennesee Panorama Lauf  
Meschede - Hennesee / 15.04.2012

Detailed evaluation

Gießau, Reiner

Club: Soester Tri Team  
Number: 501

Course: 17.50 km  
Panorama Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:18:12

Speed: 13.04 km/h  
Running performance: 4:28 min/km

Rank in course/Total: 8 (of 82)

Rank in course/Men: 8 (of 66)

Best time in course: 1:05:47

Rank in category: 1(of 14)

Best time in the category: 1:18:12

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	25:38	4:55	1	-	7	4:30	5.20	25:38	4:55	1	-	41	
10,0 km	4.80	21:01	4:22	1	-	7	3:17	10.00	46:39	4:39	1	-	41	
Finish	7.50	31:33	4:12	1	-	8	4:38	17.50	1:18:12	4:28	1	-	8	12:25