



Henneseer Panorama Lauf

Meschede - Hennesee / 15.04.2012

Detailed evaluation

Franke, Stefan

Club: LG TSV R then
Number: 547

Course: 17.50 km
Panorama Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:18:17

Speed: 13.03 km/h
Running performance: 4:28 min/km

Rank in course/Total: 9 (of 82)

Rank in course/Men: 9 (of 66)

Best time in course: 1:05:47

Rank in category: 2(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	25:44	4:56	2	3:02	8	4:36	5.20	25:44	4:56	2	3:02	42	
10,0 km	4.80	21:21	4:26	2	2:30	10	3:37	10.00	47:05	4:42	2	5:32	42	
Finish	7.50	31:12	4:09	2	2:35	6	4:17	17.50	1:18:17	4:28	2	8:07	9	12:30