



Henneseer Panorama Lauf
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Ebe, Guido

Club: TV Deilinghofen
Number: 534

Course: 17.50 km
Panorama Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:18:42

Speed: 13.34 km/h
Running performance: 4:30 min/km

Rank in course/Total: 10 (of 82)

Rank in course/Men: 10 (of 66)

Best time in course: 1:05:47

Rank in category: 2(of 9)

Best time in the category: 1:05:47

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
5,2 km	5.20	26:22	5:04	2	5:14	12	5:14	5.20	26:22	5:04	2	5:14	43		
10,0 km	4.80	20:55	4:21	2	3:11	6	3:11	10.00	47:17	4:43	2	8:25	43		
Finish	7.50	31:25	4:11	2	4:30	7	4:30	17.50	1:18:42	4:29	2	12:55	10	12:55	