



Henneseer Panorama Lauf  
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Griesbaum, Norbert

Club: LT Brechten Dortmund  
Number: 553

Course: 17.50 km  
Panorama Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:20:24

Speed: 12.69 km/h  
Running performance: 4:35 min/km

Rank in course/Total: 12 (of 82)

Rank in course/Men: 12 (of 66)

Best time in course: 1:05:47

Rank in category: 2(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.	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	25:48	4:57	2	0:02	10	4:40	5.20	25:48	4:57	2	0:02	45	
10,0 km	4.80	21:49	4:32	2	1:12	12	4:05	10.00	47:37	4:45	2	1:14	45	
Finish	7.50	32:47	4:22	2	1:42	13	5:52	17.50	1:20:24	4:35	2	2:56	12	14:37