



Hennesee Panorama Lauf
 Meschede - Hennesee / 15.04.2012

Detailed evaluation

Hylla, Heiko

Club: Hobbyläufer Mawicke
 Number: 540

Course: 17.50 km
 Panorama Lauf

Category:
 Senioren M40 (40-44 Jahre)

Total time: 1:21:01

Speed: 12.59 km/h
 Running performance: 4:38 min/km

Rank in course/Total: 13 (of 82)

Rank in course/Men: 13 (of 66)

Best time in course: 1:05:47

Rank in category: 3(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.	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	26:57	5:10	3	4:15	15	5:49	5.20	26:57	5:10	3	4:15	46	
10,0 km	4.80	21:50	4:32	3	2:59	13	4:06	10.00	48:47	4:52	3	7:14	46	
Finish	7.50	32:14	4:17	3	3:37	11	5:19	17.50	1:21:01	4:37	3	10:51	13	15:14