



Henneseer Panorama Lauf
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Götza-Eickhoff, Markus

Club: LG Burg Wiedenbrück
Number: 552

Course: 17.50 km
Panorama Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:21:07

Speed: 12.57 km/h
Running performance: 4:38 min/km

Rank in course/Total: 14 (of 82)

Rank in course/Men: 14 (of 66)

Best time in course: 1:05:47

Rank in category: 5(of 16)

Best time in the category: 1:14:32

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	26:27	5:05	5	1:28	13	5:19	5.20	26:27	5:05	5	1:17	47	
10,0 km	4.80	22:14	4:37	5	2:19	14	4:30	10.00	48:41	4:52	5	3:36	47	
Finish	7.50	32:26	4:19	4	2:59	12	5:31	17.50	1:21:07	4:38	5	6:35	14	15:20