



Henneseer Panorama Lauf
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Quandt, Michael

Club: Niemöller&Abel
Number: 542

Course: 17.50 km
Panorama Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:23:08

Speed: 12.27 km/h
Running performance: 4:45 min/km

Rank in course/Total: 15 (of 82)

Rank in course/Men: 15 (of 66)

Best time in course: 1:05:47

Rank in category: 1(of 2)

Best time in the category: 1:23:08

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
5,2 km	5.20	27:13	5:14	1	-	18	6:05	5.20	27:13	5:14	1	-	48				
10,0 km	4.80	23:02	4:47	1	-	19	5:18	10.00	50:15	5:01	1	-	48				
Finish	7.50	32:53	4:23	1	-	15	5:58	17.50	1:23:08	4:45	1	-	15	17:21			