



Hennesee Panorama Lauf
Meschede - Hennesee / 15.04.2012

Detailed evaluation

Bornefeld, Markus

Club: HSCOP Hamm
Number: 570

Course: 17.50 km
Panorama Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:23:08

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

Rank in course/Total: 16 (of 82)

Rank in course/Men: 15 (of 66)

Best time in course: 1:05:47

Rank in category: 6(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.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
5,2 km	5.20	27:25	5:16	6	2:26	19	6:17	5.20	27:25	5:16	6	2:15	49	
10,0 km	4.80	22:47	4:44	6	2:52	18	5:03	10.00	50:12	5:01	6	5:07	49	
Finish	7.50	32:56	4:23	6	3:29	16	6:01	17.50	1:23:08	4:45	6	8:36	15	17:21