



Henneseer Panorama Lauf

Meschede - Hennesee / 15.04.2012

Detailed evaluation

Kemper, Christoph

Club: Tri Sport Menden

Number: 548

Course: 17.50 km

Panorama Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:23:42

Speed: 12.19 km/h

Running performance: 4:47 min/km

Rank in course/Total: 17 (of 82)

Rank in course/Men: 17 (of 66)

Best time in course: 1:05:47

Rank in category: 3(of 9)

Best time in the category: 1:05:47

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	27:05	5:12	3	5:57	17	5:57	5.20	27:05	5:12	3	5:57	34	
10,0 km	4.80	22:21	4:39	3	4:37	15	4:37	10.00	49:26	4:56	3	10:34	34	
Finish	7.50	34:16	4:34	3	7:21	19	7:21	17.50	1:23:42	4:46	3	17:55	17	17:55