



Henneseer Panorama Lauf

Meschede - Hennesee / 15.04.2012

Detailed evaluation

Rickert, Bernhard

Club: LAC Veltins Hochsauerland/TV Calle
Number: 543

Course: 17.50 km
Panorama Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 1:23:48

Speed: 12.17 km/h
Running performance: 4:47 min/km

Rank in course/Total: 18 (of 82)

Rank in course/Men: 18 (of 66)

Best time in course: 1:05:47

Rank in category: 1(of 3)

Best time in the category: 1:23:48

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	26:55	5:10	1	-	14	5:47	5.20	26:55	5:10	1	-	51	
10,0 km	4.80	22:33	4:41	1	-	17	4:49	10.00	49:28	4:56	1	-	51	
Finish	7.50	34:20	4:34	1	-	20	7:25	17.50	1:23:48	4:47	1	-	18	18:01