



Hennesee Panorama Lauf  
Meschede - Hennesee / 15.04.2012

Detailed evaluation

Epkenhans, Andreas

Club: LG Burg Wiedenbrück  
Number: 571

Course: 17.50 km  
Panorama Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:24:31

Speed: 12.07 km/h  
Running performance: 4:50 min/km

Rank in course/Total: 19 (of 82)

Rank in course/Men: 19 (of 66)

Best time in course: 1:05:47

Rank in category: 4(of 10)

Best time in the category: 1:10:10

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	27:04	5:12	4	4:22	16	5:56	5.20	27:04	5:12	4	4:22	52	
10,0 km	4.80	23:14	4:50	4	4:23	21	5:30	10.00	50:18	5:01	4	8:45	52	
Finish	7.50	34:13	4:33	4	5:36	18	7:18	17.50	1:24:31	4:49	4	14:21	19	18:44