



Henneseer Panorama Lauf  
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Salewski, Olaf

Club: GROB-FAHR-LÄSSIG  
Number: 513

Course: 17.50 km  
Panorama Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:25:14

Speed: 11.97 km/h  
Running performance: 4:52 min/km

Rank in course/Total: 21 (of 82)

Rank in course/Men: 21 (of 66)

Best time in course: 1:05:47

Rank in category: 7(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 ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
5,2 km	5.20	27:28	5:16	7	2:29	20	6:20	5.20	27:28	5:16	7	2:18	54		
10,0 km	4.80	23:04	4:48	7	3:09	20	5:20	10.00	50:32	5:03	7	5:27	54		
Finish	7.50	34:42	4:37	7	5:15	23	7:47	17.50	1:25:14	4:52	7	10:42	21	19:27	