



Henneseer Panorama Lauf  
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Ritter, Roland

Club: TuS Uentrop  
Number: 510

Course: 17.50 km  
Panorama Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:25:55

Speed: 11.87 km/h  
Running performance: 4:55 min/km

Rank in course/Total: 22 (of 82)

Rank in course/Men: 22 (of 66)

Best time in course: 1:05:47

Rank in category: 2(of 14)

Best time in the category: 1:18:12

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	27:43	5:19	2	2:05	21	6:35	5.20	27:43	5:19	2	2:05	55	
10,0 km	4.80	23:38	4:55	2	2:37	23	5:54	10.00	51:21	5:08	2	4:42	55	
Finish	7.50	34:34	4:36	2	3:01	21	7:39	17.50	1:25:55	4:54	2	7:43	22	20:08