



Hennesee Panorama Lauf
Meschede - Hennesee / 15.04.2012

Detailed evaluation

Wigges, Christian

Club: Werl
Number: 584

Course: 17.50 km
Panorama Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:26:32

Speed: 12.13 km/h
Running performance: 4:56 min/km

Rank in course/Total: 23 (of 82)

Rank in course/Men: 23 (of 66)

Best time in course: 1:05:47

Rank in category: 4(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	27:46	5:20	4	6:38	22	6:38	5.20	27:46	5:20	4	6:38	56	
10,0 km	4.80	22:28	4:40	4	4:44	16	4:44	10.00	50:14	5:01	4	11:22	56	
Finish	7.50	36:18	4:50	6	9:23	39	9:23	17.50	1:26:32	4:56	4	20:45	23	20:45