



Henneseer Panorama Lauf
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Rademacher, Frank

Club: Elektro Bonjard
Number: 576

Course: 17.50 km
Panorama Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:26:55

Speed: 11.74 km/h
Running performance: 4:58 min/km

Rank in course/Total: 24 (of 82)

Rank in course/Men: 24 (of 66)

Best time in course: 1:05:47

Rank in category: 5(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.	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	27:51	5:21	5	5:09	23	6:43	5.20	27:51	5:21	5	5:09	57	
10,0 km	4.80	23:46	4:57	6	4:55	28	6:02	10.00	51:37	5:09	5	10:04	57	
Finish	7.50	35:18	4:42	5	6:41	30	8:23	17.50	1:26:55	4:58	5	16:45	24	21:08