



Henneseer Panorama Lauf  
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Knappstein, Klaus

Club: Bochum  
Number: 511

Course: 17.50 km  
Panorama Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:27:25

Speed: 11.67 km/h  
Running performance: 5:00 min/km

Rank in course/Total: 25 (of 82)

Rank in course/Men: 25 (of 66)

Best time in course: 1:05:47

Rank in category: 3(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
5,2 km	5.20	28:41	5:30	4	3:03	29	7:33	5.20	28:41	5:30	3	3:03	58	
10,0 km	4.80	23:44	4:56	3	2:43	26	6:00	10.00	52:25	5:14	3	5:46	58	
Finish	7.50	35:00	4:40	4	3:27	26	8:05	17.50	1:27:25	4:59	3	9:13	25	21:38