



Henneseer Panorama Lauf

Meschede - Hennesee / 15.04.2012

Detailed evaluation

Lieder, Klaus

Club: Laufgruppe Interprint
Number: 507

Course: 17.50 km
Panorama Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:27:40

Speed: 11.63 km/h
Running performance: 5:01 min/km

Rank in course/Total: 26 (of 82)

Rank in course/Men: 26 (of 66)

Best time in course: 1:05:47

Rank in category: 8(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
5,2 km	5.20	28:49	5:32	10	3:50	31	7:41	5.20	28:49	5:32	8	3:39	59	
10,0 km	4.80	23:40	4:55	8	3:45	24	5:56	10.00	52:29	5:14	8	7:24	59	
Finish	7.50	35:11	4:41	9	5:44	28	8:16	17.50	1:27:40	5:00	8	13:08	26	21:53