



Henneseer Panorama Lauf
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Wiesbrock, Franz-Josef

Club: LG Burg Wiedenbrück
Number: 535

Course: 17.50 km
Panorama Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:27:55

Speed: 11.60 km/h
Running performance: 5:01 min/km

Rank in course/Total: 27 (of 82)

Rank in course/Men: 27 (of 66)

Best time in course: 1:05:47

Rank in category: 4(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	29:04	5:35	5	3:26	33	7:56	5.20	29:04	5:35	4	3:26	60		
10,0 km	4.80	24:05	5:01	4	3:04	29	6:21	10.00	53:09	5:18	4	6:30	60		
Finish	7.50	34:46	4:38	3	3:13	24	7:51	17.50	1:27:55	5:01	4	9:43	27	22:08	