



Henneseer Panorama Lauf  
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Hilje, Michael

Club: TuS Uentrop  
Number: 555

Course: 17.50 km  
Panorama Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:27:56

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

Rank in course/Total: 28 (of 82)

Rank in course/Men: 28 (of 66)

Best time in course: 1:05:47

Rank in category: 3(of 7)

Best time in the category: 1:17:28

Intermediate times

Stage score

Total ranking

| Control | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |  |
|---------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|--|
|         |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |  |
| 5,2 km  | 5.20        | 29:37         | 5:41            | 4           | 3:51           | 40          | 8:29          | 5.20          | 29:37         | 5:41            | 3           | 3:51           | 61         |               |  |
| 10,0 km | 4.80        | 23:45         | 4:56            | 3           | 3:08           | 27          | 6:01          | 10.00         | 53:22         | 5:20            | 3           | 6:59           | 61         |               |  |
| Finish  | 7.50        | 34:34         | 4:36            | 3           | 3:29           | 21          | 7:39          | 17.50         | 1:27:56       | 5:01            | 3           | 10:28          | 28         | 22:09         |  |