



Henneseer Panorama Lauf  
Meschede - Henneseer / 15.04.2012

Detailed evaluation

Chill, Jan

Club: Herner Triathlon Team 11  
Number: 533

Course: 17.50 km  
Panorama Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:28:18

Speed: 11.55 km/h  
Running performance: 5:03 min/km

Rank in course/Total: 30 (of 82)

Rank in course/Men: 30 (of 66)

Best time in course: 1:05:47

Rank in category: 9(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	28:25	5:27	9	3:26	28	7:17	5.20	28:25	5:27	9	3:15	63	
10,0 km	4.80	24:32	5:06	11	4:37	38	6:48	10.00	52:57	5:17	9	7:52	63	
Finish	7.50	35:21	4:42	10	5:54	31	8:26	17.50	1:28:18	5:02	9	13:46	30	22:31