



Hennesee Panorama Lauf
Meschede - Hennesee / 15.04.2012

Detailed evaluation

Luckey, Michael

Club: TuS Heinrichsthal Wehrstapel
Number: 503

Course: 17.50 km
Panorama Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:28:44

Speed: 11.50 km/h
Running performance: 5:04 min/km

Rank in course/Total: 32 (of 82)

Rank in course/Men: 31 (of 66)

Best time in course: 1:05:47

Rank in category: 5(of 9)

Best time in the category: 1:05:47

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	29:31	5:40	6	8:23	39	8:23	5.20	29:31	5:40	5	8:23	64	
10,0 km	4.80	24:22	5:04	6	6:38	36	6:38	10.00	53:53	5:23	5	15:01	64	
Finish	7.50	34:51	4:38	4	7:56	25	7:56	17.50	1:28:44	5:04	5	22:57	31	22:57