



Fröbellauf 230  
Bad Liebenstein / 21.04.2012

Detailed evaluation

Henkel, Thomas

Club: RTV Haselgrund  
Number: 240

Course: 15.80 km  
Lauf lang

Category:  
Senioren M35

Total time: 1:09:50

Speed: 12.89 km/h  
Running performance: 4:25 min/km

Rank in course/Total: 3 (of 16)

Rank in course/Men: 3 (of 15)

Best time in course: 1:01:48

Rank in category: 1(of 2)

Best time in the category: 1:09:50

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
Runde	7.90	34:13	4:19	1	-	3	2:29	7.90	34:13	4:19	1	-	3	2:29
Runde	7.90	35:37	4:30	1	-	3	5:33	15.80	1:09:50	4:25	1	-	3	8:02