



Fröbellauf 230
Bad Liebenstein / 21.04.2012

Detailed evaluation

Henkel, Andre

Club: LAV Saale-Rennsteig
Number: 250

Course: 15.80 km
Lauf lang

Category:
Senioren M45

Total time: 1:23:29

Speed: 10.78 km/h
Running performance: 5:17 min/km

Rank in course/Total: 14 (of 16)

Rank in course/Men: 14 (of 15)

Best time in course: 1:01:48

Rank in category: 4(of 4)

Best time in the category: 1:12:19

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	41:11	5:12	4	5:21	15	9:27	7.90	41:11	5:12	4	5:21	14	9:27
Runde	7.90	42:18	5:21	4	5:49	14	12:14	15.80	1:23:29	5:17	4	11:10	14	21:41