



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Ballay, Thomas

Club: Lauffeuer Paderborn
Number: 572

Course: 10.00 km
Uferweglauf lang

Category:
Senioren M50 (50-54 Jahre)

Total time: 54:29

Speed: 11.01 km/h
Running performance: 5:27 min/km

Rank in course/Total: 47 (of 64)

Rank in course/Men: 36 (of 44)

Best time in course: 35:40

Rank in category: 6(of 6)

Best time in the category: 40:23

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
Lap 1	5.00	26:18	5:15	5	6:21	26	8:45	5.00	26:18	5:15	5	6:21	26	8:45
Last lap Ziel Hen	5.00	28:11	5:38	5	7:45	34	22:54	10.00	54:29	5:26	6	14:06	36	18:49