



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Lüningschrör, Dietmar

Club: LG Burg Wiedenbrück
Number: 92

Course: 17.50 km
Panorama Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:58:57

Speed: 8.58 km/h
Running performance: 6:48 min/km

Rank in course/Total: 120 (of 123)

Rank in course/Men: 96 (of 98)

Best time in course: 1:04:30

Rank in category: 14(of 15)

Best time in the category: 1:09:43

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
Lap 1	5.00	36:42	7:20	14	14:50	96	16:58	5.00	36:42	7:20	14	14:50	96	16:58
Lap 2	3.00	21:26	7:08	15	9:26	96	10:16	8.00	58:08	7:15	15	24:16	96	27:14
Last lap Ziel Hen	9.50	1:00:49	6:24	14	24:58	93	27:13	17.50	1:58:57	6:47	14	49:14	96	54:27