



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Hagelschuer, Robert

Club: LG Deiringsen

Number: 508

Course: 10.00 km

Uferweglauf lang

Category:

Senioren M45 (45-49 Jahre)

Total time: 41:13

Speed: 14.56 km/h

Running performance: 4:07 min/km

Rank in course/Total: 7 (of 64)

Rank in course/Men: 6 (of 44)

Best time in course: 35:40

Rank in category: 1(of 5)

Best time in the category: 41:13

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	20:18	4:03	1	-	6	2:45	5.00	20:18	4:03	1	-	6	2:45
Last lap Ziel Hen	5.00	20:55	4:11	1	-	7	15:38	10.00	41:13	4:07	1	-	6	5:33