



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Becker, Rainer

Club: LG Heiß wie Frittenfett
Number: 57

Course: 17.50 km
Panorama Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:18:24

Speed: 13.01 km/h
Running performance: 4:29 min/km

Rank in course/Total: 14 (of 123)

Rank in course/Men: 14 (of 98)

Best time in course: 1:04:30

Rank in category: 3(of 17)

Best time in the category: 1:15:25

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	24:19	4:51	2	0:24	15	4:35	5.00	24:19	4:51	2	0:24	15	4:35
Lap 2	3.00	13:46	4:35	3	0:29	17	2:36	8.00	38:05	4:45	2	0:53	14	7:11
Last lap Ziel Hen	9.50	40:19	4:14	4	2:06	17	6:43	17.50	1:18:24	4:28	3	2:59	14	13:54