



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Maiwald, Thorsten**

Club: LG Interprint  
Number: 94

Course: 17.50 km  
Panorama Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:34:11

Speed: 10.83 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 70 (of 123)

Rank in course/Men: 64 (of 98)

Best time in course: 1:04:30

Rank in category: 17(of 21)

Best time in the category: 1:12:43

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	28:08	5:37	15	5:35	56	8:24	5.00	28:08	5:37	15	5:35	56	8:24
Lap 2	3.00	16:11	5:23	17	3:39	62	5:01	8.00	44:19	5:32	15	9:14	57	13:25
Last lap Ziel Hen	9.50	49:52	5:14	18	12:41	73	16:16	17.50	1:34:11	5:22	17	21:28	64	29:41