



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Reuther, Frank

Club: LG Interprint
Number: 102

Course: 17.50 km
Panorama Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:32:28

Speed: 11.03 km/h
Running performance: 5:17 min/km

Rank in course/Total: 66 (of 123)

Rank in course/Men: 60 (of 98)

Best time in course: 1:04:30

Rank in category: 7(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	27:58	5:35	6	6:06	54	8:14	5.00	27:58	5:35	6	6:06	54	8:14
Lap 2	3.00	16:17	5:25	7	4:17	63	5:07	8.00	44:15	5:31	6	10:23	56	13:21
Last lap Ziel Hen	9.50	48:13	5:04	8	12:22	65	14:37	17.50	1:32:28	5:17	7	22:45	60	27:58