



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Rothfeld, Werner

Club: Lg oldel
Number: 550

Course: 10.00 km
Uferweglauf lang

Category:
Senioren M55 (55-59 Jahre)

Total time: 44:07

Speed: 13.60 km/h
Running performance: 4:25 min/km

Rank in course/Total: 20 (of 64)

Rank in course/Men: 18 (of 44)

Best time in course: 35:40

Rank in category: 3(of 4)

Best time in the category: 42:00

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	fehlt!	-	-	-	-	-	5.00	-	-	-	-	-	-	-
Last lap Ziel Hen	5.00	44:07	8:49	3	22:59	40	38:50	10.00	44:07	4:24	3	2:07	18	8:27	