



### 3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Herrmann, Tobias**

Club: LG Warstein-Rüthen  
Number: 248

Course: 5.00 km  
Uferweglauf kurz

Category:  
männliche Jugend U20 (18-19 Jahre)

Total time: 18:29

Speed: 16.23 km/h  
Running performance: 3:42 min/km

Rank in course/Total: 1 (of 43)

Rank in course/Men: 1 (of 24)

Best time in course: 18:29

Rank in category: 1(of 1)

Best time in the category: 18:29

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	2.50	9:27	3:46	1	-	1	-	2.50	9:27	3:46	1	-	1	-
Last lap Ziel Hen	2.50	9:02	3:36	1	-	1	-	5.00	18:29	3:41	1	-	1	-