



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Brack, Heribert

Club: LGO Dortmund
Number: 569

Course: 10.00 km
Uferweglauf lang

Category:
Senioren M60 (60-64 Jahre)

Total time: 45:10

Speed: 13.28 km/h
Running performance: 4:31 min/km

Rank in course/Total: 21 (of 64)

Rank in course/Men: 19 (of 44)

Best time in course: 35:40

Rank in category: 2(of 7)

Best time in the category: 43:23

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	22:02	4:24	2	0:27	17	4:29	5.00	22:02	4:24	2	0:27	17	4:29
Last lap Ziel Hen	5.00	23:08	4:37	2	1:20	20	17:51	10.00	45:10	4:30	2	1:47	19	9:30