



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Wittrock, Thomas**

Club: Lippstadt  
Number: 130

Course: 17.50 km  
Panorama Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:45:00

Speed: 9.71 km/h  
Running performance: 6:00 min/km

Rank in course/Total: 108 (of 123)

Rank in course/Men: 87 (of 98)

Best time in course: 1:04:30

Rank in category: 6(of 6)

Best time in the category: 1:17:07

#### 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	29:35	5:54	3	5:22	69	9:51	5.00	29:35	5:54	3	5:22	69	9:51
Lap 2	3.00	16:50	5:36	3	3:53	71	5:40	8.00	46:25	5:48	3	9:15	68	15:31
Last lap Ziel Hen	9.50	58:35	6:10	5	18:38	89	24:59	17.50	1:45:00	6:00	6	27:53	87	40:30