



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Nitsche, Thomas

Club: Lippstadt
Number: 96

Course: 17.50 km
Panorama Lauf

Category:
Männer (20-29 Jahre)

Total time: 1:25:20

Speed: 11.95 km/h
Running performance: 4:53 min/km

Rank in course/Total: 46 (of 123)

Rank in course/Men: 41 (of 98)

Best time in course: 1:04:30

Rank in category: 7(of 9)

Best time in the category: 1:15:21

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	26:15	5:15	5	2:05	35	6:31	5.00	26:15	5:15	5	2:05	35	6:31
Lap 2	3.00	15:00	5:00	7	1:49	43	3:50	8.00	41:15	5:09	6	3:53	38	10:21
Last lap Ziel Hen	9.50	44:05	4:38	7	6:06	47	10:29	17.50	1:25:20	4:52	7	9:59	41	20:50