



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Teutenberg, Wolfgang

Club: LT Bigge-Olsberg

Number: 568

Course: 10.00 km

Uferweglauf lang

Category:

Senioren M60 (60-64 Jahre)

Total time: 49:03

Speed: 12.23 km/h

Running performance: 4:54 min/km

Rank in course/Total: 31 (of 64)

Rank in course/Men: 25 (of 44)

Best time in course: 35:40

Rank in category: 3(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	25:13	5:02	4	3:38	23	7:40	5.00	25:13	5:02	4	3:38	23	7:40
Last lap Ziel Hen	5.00	23:50	4:46	3	2:02	21	18:33	10.00	49:03	4:54	3	5:40	25	13:23