



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Selleny, Dirk**

Club: LT Bittermark Dortmund  
Number: 116

Course: 17.50 km  
Panorama Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:56:25

Speed: 8.76 km/h  
Running performance: 6:39 min/km

Rank in course/Total: 117 (of 123)

Rank in course/Men: 94 (of 98)

Best time in course: 1:04:30

Rank in category: 21(of 21)

Best time in the category: 1:12:43

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	5.00	36:34	7:18	20	14:01	92	16:50	5.00	36:34	7:18	20	14:01	92	16:50
Lap 2	3.00	20:47	6:55	21	8:15	94	9:37	8.00	57:21	7:10	21	22:16	94	26:27
Last lap Ziel Hen	9.50	59:04	6:13	20	21:53	90	25:28	17.50	1:56:25	6:39	21	43:42	94	51:55