



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Breuker, Stephan**

Club: LTV - Triathlon  
Number: 59

Course: 17.50 km  
Panorama Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:50:53

Speed: 9.20 km/h  
Running performance: 6:20 min/km

Rank in course/Total: 113 (of 123)

Rank in course/Men: 91 (of 98)

Best time in course: 1:04:30

Rank in category: 11(of 12)

Best time in the category: 1:04:30

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	33:21	6:40	11	13:37	88	13:37	5.00	33:21	6:40	11	13:37	88	13:37
Lap 2	3.00	19:09	6:22	11	7:59	89	7:59	8.00	52:30	6:33	11	21:36	88	21:36
Last lap Ziel Hen	9.50	58:23	6:08	11	24:47	88	24:47	17.50	1:50:53	6:20	11	46:23	91	46:23