



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Franke, Stefan

Club: LTV Lippstadt
Number: 137

Course: 17.50 km
Panorama Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:20:17

Speed: 12.71 km/h
Running performance: 4:35 min/km

Rank in course/Total: 26 (of 123)

Rank in course/Men: 24 (of 98)

Best time in course: 1:04:30

Rank in category: 4(of 17)

Best time in the category: 1:15:25

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	26:09	5:13	5	2:14	32	6:25	5.00	26:09	5:13	5	2:14	32	6:25
Lap 2	3.00	14:00	4:40	4	0:43	21	2:50	8.00	40:09	5:01	5	2:57	30	9:15
Last lap Ziel Hen	9.50	40:08	4:13	2	1:55	15	6:32	17.50	1:20:17	4:35	4	4:52	24	15:47