



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Günes, Ramazan

Club: M. Busch
Number: 260

Course: 5.00 km
Uferweglauf kurz

Category:
Männer (20-29 Jahre)

Total time: 20:25

Speed: 14.69 km/h
Running performance: 4:05 min/km

Rank in course/Total: 5 (of 43)

Rank in course/Men: 5 (of 24)

Best time in course: 18:29

Rank in category: 1(of 2)

Best time in the category: 20:25

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 | 2.50 | 9:57 | 3:58 | 1 | - | 4 | 0:30 | 2.50 | 9:57 | 3:58 | 1 | - | 4 | 0:30 |
| Last lap Ziel Hen | 2.50 | 10:28 | 4:11 | 1 | - | 5 | 1:26 | 5.00 | 20:25 | 4:05 | 1 | - | 5 | 1:56 |