



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Liersch, Ulrich

Club: M. Busch
Number: 257

Course: 5.00 km
Uferweglauf kurz

Category:
Senioren M45 (45-49 Jahre)

Total time: 25:27

Speed: 11.79 km/h
Running performance: 5:05 min/km

Rank in course/Total: 16 (of 43)

Rank in course/Men: 12 (of 24)

Best time in course: 18:29

Rank in category: 4(of 8)

Best time in the category: 21:36

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	12:29	4:59	4	1:58	12	3:02	2.50	12:29	4:59	4	1:58	12	3:02
Last lap Ziel Hen	2.50	12:58	5:11	4	1:53	12	3:56	5.00	25:27	5:05	4	3:51	12	6:58