



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Langer, Ulrich

Club: M. Busch
Number: 262

Course: 5.00 km
Uferweglauf kurz

Category:
Senioren M45 (45-49 Jahre)

Total time: 27:43

Speed: 10.82 km/h
Running performance: 5:32 min/km

Rank in course/Total: 23 (of 43)

Rank in course/Men: 18 (of 24)

Best time in course: 18:29

Rank in category: 6(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	13:33	5:25	6	3:02	17	4:06	2.50	13:33	5:25	6	3:02	17	4:06
Last lap Ziel Hen	2.50	14:10	5:39	6	3:05	18	5:08	5.00	27:43	5:32	6	6:07	18	9:14