



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Blambeck, Gregor

Club: M. Busch
Number: 259

Course: 5.00 km
Uferweglauf kurz

Category:
Senioren M45 (45-49 Jahre)

Total time: 26:27

Speed: 11.34 km/h
Running performance: 5:17 min/km

Rank in course/Total: 18 (of 43)

Rank in course/Men: 14 (of 24)

Best time in course: 18:29

Rank in category: 5(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	13:08	5:15	5	2:37	16	3:41	2.50	13:08	5:15	5	2:37	16	3:41
Last lap Ziel Hen	2.50	13:19	5:19	5	2:14	14	4:17	5.00	26:27	5:17	5	4:51	14	7:58