



### 3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Milonas, Georg**

Club: Magic Runners  
Number: 95

Course: 17.50 km  
Panorama Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:34:46

Speed: 10.76 km/h  
Running performance: 5:25 min/km

Rank in course/Total: 74 (of 123)

Rank in course/Men: 67 (of 98)

Best time in course: 1:04:30

Rank in category: 18(of 21)

Best time in the category: 1:12:43

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	27:07	5:25	10	4:34	43	7:23	5.00	27:07	5:25	10	4:34	43	7:23
Lap 2	3.00	14:18	4:46	8	1:46	28	3:08	8.00	41:25	5:10	10	6:20	41	10:31
Last lap Ziel Hen	9.50	53:21	5:36	19	16:10	81	19:45	17.50	1:34:46	5:24	18	22:03	67	30:16