



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Weier, Ralf

Club: Marathon Club Menden
Number: 154

Course: 17.50 km
Panorama Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:14:43

Speed: 13.65 km/h
Running performance: 4:16 min/km

Rank in course/Total: 7 (of 123)

Rank in course/Men: 7 (of 98)

Best time in course: 1:04:30

Rank in category: 2(of 15)

Best time in the category: 1:09:43

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	23:57	4:47	2	2:05	8	4:13	5.00	23:57	4:47	2	2:05	8	4:13
Lap 2	3.00	12:51	4:16	2	0:51	7	1:41	8.00	36:48	4:35	2	2:56	7	5:54
Last lap Ziel Hen	9.50	37:55	3:59	2	2:04	6	4:19	17.50	1:14:43	4:16	2	5:00	7	10:13