



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Siewert, Jan

Club: Meschede
Number: 529

Course: 10.00 km
Uferweglauf lang

Category:
männliche Jugend U20 (18-19 Jahre)

Total time: 50:40

Speed: 11.84 km/h
Running performance: 5:04 min/km

Rank in course/Total: 34 (of 64)

Rank in course/Men: 27 (of 44)

Best time in course: 35:40

Rank in category: 1(of 3)

Best time in the category: 50:40

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	5.00	25:11	5:02	1	-	21	7:38	5.00	25:11	5:02	1	-	21	7:38
Last lap Ziel Hen	5.00	25:29	5:05	1	-	24	20:12	10.00	50:40	5:03	1	-	27	15:00