



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Schmidt, Andreas

Club: Meschede

Number: 525

Course: 10.00 km

Uferweglauf lang

Category:

Senioren M45 (45-49 Jahre)

Total time: 53:06

Speed: 11.30 km/h

Running performance: 5:19 min/km

Rank in course/Total: 39 (of 64)

Rank in course/Men: 30 (of 44)

Best time in course: 35:40

Rank in category: 4(of 5)

Best time in the category: 41:13

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	26:19	5:15	4	6:01	27	8:46	5.00	26:19	5:15	4	6:01	27	8:46
Last lap Ziel Hen	5.00	26:47	5:21	4	5:52	28	21:30	10.00	53:06	5:18	4	11:53	30	17:26