



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Womelsdorf, Torsten

Club: Neuss
Number: 131

Course: 17.50 km
Panorama Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:38:18

Speed: 10.38 km/h
Running performance: 5:37 min/km

Rank in course/Total: 93 (of 123)

Rank in course/Men: 79 (of 98)

Best time in course: 1:04:30

Rank in category: 19(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	31:11	6:14	19	8:38	79	11:27	5.00	31:11	6:14	19	8:38	79	11:27
Lap 2	3.00	17:22	5:47	19	4:50	79	6:12	8.00	48:33	6:04	19	13:28	78	17:39
Last lap Ziel Hen	9.50	49:45	5:14	17	12:34	72	16:09	17.50	1:38:18	5:37	19	25:35	79	33:48