



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Hardenack, Frank

Club: Neuenkleusheim
Number: 173

Course: 17.50 km
Panorama Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:04:30

Speed: 15.81 km/h
Running performance: 3:41 min/km

Rank in course/Total: 1 (of 123)

Rank in course/Men: 1 (of 98)

Best time in course: 1:04:30

Rank in category: 1(of 12)

Best time in the category: 1:04:30

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	19:44	3:56	1	-	1	-	5.00	19:44	3:56	1	-	1	-
Lap 2	3.00	11:10	3:43	1	-	1	-	8.00	30:54	3:51	1	-	1	-
Last lap Ziel Hen	9.50	33:36	3:32	1	-	1	-	17.50	1:04:30	3:41	1	-	1	-