



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Kiefer, Sebastian

Club: Paderborn
Number: 82

Course: 17.50 km
Panorama Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:30:45

Speed: 11.24 km/h
Running performance: 5:11 min/km

Rank in course/Total: 63 (of 123)

Rank in course/Men: 57 (of 98)

Best time in course: 1:04:30

Rank in category: 10(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	27:39	5:31	9	7:55	51	7:55	5.00	27:39	5:31	9	7:55	51	7:55
Lap 2	3.00	16:09	5:22	10	4:59	61	4:59	8.00	43:48	5:28	9	12:54	54	12:54
Last lap Ziel Hen	9.50	46:57	4:56	10	13:21	60	13:21	17.50	1:30:45	5:11	10	26:15	57	26:15