



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Girke, Thomas

Club: Physiotherapie EL KADI Witten
Number: 66

Course: 17.50 km
Panorama Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:20:24

Speed: 13.06 km/h
Running performance: 4:35 min/km

Rank in course/Total: 27 (of 123)

Rank in course/Men: 25 (of 98)

Best time in course: 1:04:30

Rank in category: 6(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	24:17	4:51	4	1:44	13	4:33	5.00	24:17	4:51	4	1:44	13	4:33
Lap 2	3.00	13:51	4:36	4	1:19	18	2:41	8.00	38:08	4:46	4	3:03	16	7:14
Last lap Ziel Hen	9.50	42:16	4:26	8	5:05	29	8:40	17.50	1:20:24	4:35	6	7:41	25	15:54