



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

El Kadi, Hamed

Club: Physiotherapie EL KADI Witten
Number: 63

Course: 17.50 km
Panorama Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:56:02

Speed: 9.05 km/h
Running performance: 6:38 min/km

Rank in course/Total: 116 (of 123)

Rank in course/Men: 93 (of 98)

Best time in course: 1:04:30

Rank in category: 20(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	36:41	7:20	21	14:08	95	16:57	5.00	36:41	7:20	21	14:08	95	16:57
Lap 2	3.00	19:47	6:35	20	7:15	92	8:37	8.00	56:28	7:03	20	21:23	93	25:34
Last lap Ziel Hen	9.50	59:34	6:16	21	22:23	91	25:58	17.50	1:56:02	6:37	20	43:19	93	51:32