



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Dettmann, Uwe

Club: POST sPORT vERESSEN

Number: 541

Course: 10.00 km

Uferweglauf lang

Category:

Senioren M50 (50-54 Jahre)

Total time: 44:02

Speed: 13.63 km/h

Running performance: 4:24 min/km

Rank in course/Total: 19 (of 64)

Rank in course/Men: 17 (of 44)

Best time in course: 35:40

Rank in category: 3(of 6)

Best time in the category: 40:23

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	5.00	22:00	4:24	3	2:03	16	4:27	5.00	22:00	4:24	3	2:03	16	4:27
Last lap Ziel Hen	5.00	22:02	4:24	3	1:36	16	16:45	10.00	44:02	4:24	3	3:39	17	8:22