



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Gronemeier, Dirk

Club: RC Endspurt Herford
Number: 67

Course: 17.50 km
Panorama Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:35:33

Speed: 10.68 km/h
Running performance: 5:28 min/km

Rank in course/Total: 78 (of 123)

Rank in course/Men: 71 (of 98)

Best time in course: 1:04:30

Rank in category: 8(of 10)

Best time in the category: 1:18:59

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	29:10	5:50	6	4:08	64	9:26	5.00	29:10	5:50	6	4:08	64	9:26
Lap 2	3.00	16:47	5:35	7	2:49	70	5:37	8.00	45:57	5:44	6	6:57	66	15:03
Last lap Ziel Hen	9.50	49:36	5:13	8	9:49	70	16:00	17.50	1:35:33	5:27	8	16:34	71	31:03