



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Schneider, Thomas

Club: BSG Sparkasse Düsseldorf
Number: 139

Course: 17.50 km
Panorama Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:48:06

Speed: 9.71 km/h
Running performance: 6:11 min/km

Rank in course/Total: 111 (of 123)

Rank in course/Men: 89 (of 98)

Best time in course: 1:04:30

Rank in category: 13(of 15)

Best time in the category: 1:09:43

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	32:16	6:27	12	10:24	83	12:32	5.00	32:16	6:27	12	10:24	83	12:32
Lap 2	3.00	18:16	6:05	13	6:16	84	7:06	8.00	50:32	6:18	13	16:40	83	19:38
Last lap Ziel Hen	9.50	57:34	6:03	13	21:43	86	23:58	17.50	1:48:06	6:10	13	38:23	89	43:36