



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Nagel, Andreas**

Club: RC Sorpesee  
Number: 159

Course: 17.50 km  
Panorama Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:45:27

Speed: 9.67 km/h  
Running performance: 6:02 min/km

Rank in course/Total: 110 (of 123)

Rank in course/Men: 88 (of 98)

Best time in course: 1:04:30

Rank in category: 16(of 17)

Best time in the category: 1:15:25

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	32:15	6:27	14	8:20	82	12:31	5.00	32:15	6:27	14	8:20	82	12:31
Lap 2	3.00	18:24	6:07	16	5:07	86	7:14	8.00	50:39	6:19	14	13:27	84	19:45
Last lap Ziel Hen	9.50	54:48	5:46	16	16:35	84	21:12	17.50	1:45:27	6:01	16	30:02	88	40:57