



### 3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Kuhlmann, Guido**

Club: RC Sorpeseer Triathlon Team  
Number: 570

Course: 10.00 km  
Uferweglauf lang

Category:  
Senioren M35 (35-39 Jahre)

Total time: 35:40

Speed: 16.82 km/h  
Running performance: 3:34 min/km

Rank in course/Total: 1 (of 64)

Rank in course/Men: 1 (of 44)

Best time in course: 35:40

Rank in category: 1(of 5)

Best time in the category: 35:40

#### 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	17:33	3:30	1	-	1	-	5.00	17:33	3:30	1	-	1	-
Last lap Ziel Hen	5.00	18:07	3:37	1	-	2	12:50	10.00	35:40	3:33	1	-	1	-