



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Kraus, Andre

Club: Team Ruhrtal Runners
Number: 264

Course: 5.00 km
Uferweglauf kurz

Category:
Senioren M40 (40-44 Jahre)

Total time: 18:58

Speed: 15.82 km/h
Running performance: 3:47 min/km

Rank in course/Total: 2 (of 43)

Rank in course/Men: 2 (of 24)

Best time in course: 18:29

Rank in category: 1(of 1)

Best time in the category: 18:58

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	2.50	9:27	3:46	1	-	1	-	2.50	9:27	3:46	1	-	1	-
Last lap Ziel Hen	2.50	9:31	3:48	1	-	2	0:29	5.00	18:58	3:47	1	-	2	0:29