



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Nolte, Peter

Club: SC Hagen-Wildewiese
Number: 97

Course: 17.50 km
Panorama Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:19:49

Speed: 12.78 km/h
Running performance: 4:34 min/km

Rank in course/Total: 23 (of 123)

Rank in course/Men: 21 (of 98)

Best time in course: 1:04:30

Rank in category: 4(of 12)

Best time in the category: 1:04:30

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	24:47	4:57	4	5:03	20	5:03	5.00	24:47	4:57	4	5:03	20	5:03
Lap 2	3.00	13:40	4:33	4	2:30	15	2:30	8.00	38:27	4:48	4	7:33	18	7:33
Last lap Ziel Hen	9.50	41:22	4:21	5	7:46	26	7:46	17.50	1:19:49	4:33	4	15:19	21	15:19