



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Christian, Matthias

Club: DKJ Marienstatt

Number: 184

Course: 17.50 km

Panorama Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:12:43

Speed: 14.03 km/h

Running performance: 4:10 min/km

Rank in course/Total: 4 (of 123)

Rank in course/Men: 4 (of 98)

Best time in course: 1:04:30

Rank in category: 1(of 21)

Best time in the category: 1:12:43

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	22:33	4:30	1	-	4	2:49	5.00	22:33	4:30	1	-	4	2:49
Lap 2	3.00	12:32	4:10	1	-	4	1:22	8.00	35:05	4:23	1	-	4	4:11
Last lap Ziel Hen	9.50	37:38	3:57	2	0:27	5	4:02	17.50	1:12:43	4:09	1	-	4	8:13