



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Engelbracht, Frank**

Club: Schwelmer Jungs  
Number: 156

Course: 17.50 km  
Panorama Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:09:43

Speed: 14.63 km/h  
Running performance: 3:59 min/km

Rank in course/Total: 3 (of 123)

Rank in course/Men: 3 (of 98)

Best time in course: 1:04:30

Rank in category: 1(of 15)

Best time in the category: 1:09:43

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	21:52	4:22	1	-	3	2:08	5.00	21:52	4:22	1	-	3	2:08
Lap 2	3.00	12:00	4:00	1	-	3	0:50	8.00	33:52	4:14	1	-	3	2:58
Last lap Ziel Hen	9.50	35:51	3:46	1	-	3	2:15	17.50	1:09:43	3:59	1	-	3	5:13