



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Heimes, Michael**

Club: SK Winterberg  
Number: 152

Course: 17.50 km  
Panorama Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:26:53

Speed: 11.74 km/h  
Running performance: 4:58 min/km

Rank in course/Total: 51 (of 123)

Rank in course/Men: 46 (of 98)

Best time in course: 1:04:30

Rank in category: 8(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	27:24	5:28	8	7:40	46	7:40	5.00	27:24	5:28	8	7:40	46	7:40
Lap 2	3.00	15:27	5:08	9	4:17	50	4:17	8.00	42:51	5:21	8	11:57	48	11:57
Last lap Ziel Hen	9.50	44:02	4:38	9	10:26	45	10:26	17.50	1:26:53	4:57	8	22:23	46	22:23