



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Guzy, Arkadius**

Club: Dortmund  
Number: 68

Course: 17.50 km  
Panorama Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:27:59

Speed: 11.59 km/h  
Running performance: 5:02 min/km

Rank in course/Total: 55 (of 123)

Rank in course/Men: 50 (of 98)

Best time in course: 1:04:30

Rank in category: 9(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	29:24	5:52	10	9:40	67	9:40	5.00	29:24	5:52	10	9:40	67	9:40
Lap 2	3.00	15:06	5:01	8	3:56	46	3:56	8.00	44:30	5:33	10	13:36	58	13:36
Last lap Ziel Hen	9.50	43:29	4:34	8	9:53	41	9:53	17.50	1:27:59	5:01	9	23:29	50	23:29