



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Luig, Ralf

Club: Skiclub Sundern
Number: 90

Course: 17.50 km
Panorama Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:59:01

Speed: 8.57 km/h
Running performance: 6:48 min/km

Rank in course/Total: 122 (of 123)

Rank in course/Men: 97 (of 98)

Best time in course: 1:04:30

Rank in category: 15(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	36:44	7:20	15	14:52	97	17:00	5.00	36:44	7:20	15	14:52	97	17:00
Lap 2	3.00	21:08	7:02	14	9:08	95	9:58	8.00	57:52	7:14	14	24:00	95	26:58
Last lap Ziel Hen	9.50	1:01:09	6:26	15	25:18	95	27:33	17.50	1:59:01	6:48	15	49:18	97	54:31