



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Groll, Christian

Club: Sundern
Number: 207

Course: 5.00 km
Uferweglauf kurz

Category:
Senioren M45 (45-49 Jahre)

Total time: 21:36

Speed: 13.89 km/h
Running performance: 4:19 min/km

Rank in course/Total: 6 (of 43)

Rank in course/Men: 6 (of 24)

Best time in course: 18:29

Rank in category: 1(of 8)

Best time in the category: 21:36

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	2.50	10:31	4:12	1	-	6	1:04	2.50	10:31	4:12	1	-	6	1:04
Last lap Ziel Hen	2.50	11:05	4:26	1	-	7	2:03	5.00	21:36	4:19	1	-	6	3:07