



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Witkowski, Thomas

Club: SUS Oberaden
Number: 129

Course: 17.50 km
Panorama Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:35:11

Speed: 10.72 km/h
Running performance: 5:26 min/km

Rank in course/Total: 76 (of 123)

Rank in course/Men: 69 (of 98)

Best time in course: 1:04:30

Rank in category: 7(of 10)

Best time in the category: 1:18:59

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	32:26	6:29	9	7:24	84	12:42	5.00	32:26	6:29	9	7:24	84	12:42
Lap 2	3.00	16:35	5:31	6	2:37	68	5:25	8.00	49:01	6:07	8	10:01	79	18:07
Last lap Ziel Hen	9.50	46:10	4:51	5	6:23	55	12:34	17.50	1:35:11	5:26	7	16:12	69	30:41