



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Heinemann, Harald

Club: SUS Reiste
Number: 174

Course: 17.50 km
Panorama Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:26:18

Speed: 11.82 km/h
Running performance: 4:56 min/km

Rank in course/Total: 48 (of 123)

Rank in course/Men: 43 (of 98)

Best time in course: 1:04:30

Rank in category: 7(of 17)

Best time in the category: 1:15:25

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	5.00	27:49	5:33	8	3:54	52	8:05	5.00	27:49	5:33	8	3:54	52	8:05
Lap 2	3.00	15:16	5:05	7	1:59	47	4:06	8.00	43:05	5:23	8	5:53	50	12:11
Last lap Ziel Hen	9.50	43:13	4:32	6	5:00	40	9:37	17.50	1:26:18	4:55	7	10:53	43	21:48