



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

Schulze, Matthias

Club: Sus Silbach  
Number: 113

Course: 17.50 km  
Panorama Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:17:07

Speed: 13.23 km/h  
Running performance: 4:25 min/km

Rank in course/Total: 11 (of 123)

Rank in course/Men: 11 (of 98)

Best time in course: 1:04:30

Rank in category: 1(of 6)

Best time in the category: 1:17:07

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	24:13	4:50	1	-	12	4:29	5.00	24:13	4:50	1	-	12	4:29
Lap 2	3.00	12:57	4:18	1	-	8	1:47	8.00	37:10	4:38	1	-	8	6:16
Last lap Ziel Hen	9.50	39:57	4:12	1	-	12	6:21	17.50	1:17:07	4:24	1	-	11	12:37