



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Hellwig, Martin

Club: SusOberaden

Number: 71

Course: 17.50 km

Panorama Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:35:31

Speed: 10.68 km/h

Running performance: 5:28 min/km

Rank in course/Total: 77 (of 123)

Rank in course/Men: 70 (of 98)

Best time in course: 1:04:30

Rank in category: 9(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	32:35	6:31	13	10:43	85	12:51	5.00	32:35	6:31	13	10:43	85	12:51
Lap 2	3.00	16:31	5:30	9	4:31	66	5:21	8.00	49:06	6:08	12	15:14	80	18:12
Last lap Ziel Hen	9.50	46:25	4:53	7	10:34	56	12:49	17.50	1:35:31	5:27	9	25:48	70	31:01