



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Hinkel, Roland

Club: TC Meschede
Number: 586

Course: 10.00 km
Uferweglauf lang

Category:
Senioren M55 (55-59 Jahre)

Total time: 54:08

Speed: 11.08 km/h
Running performance: 5:25 min/km

Rank in course/Total: 44 (of 64)

Rank in course/Men: 34 (of 44)

Best time in course: 35:40

Rank in category: 4(of 4)

Best time in the category: 42:00

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	fehlt!	-	-	-	-	-	5.00	-	-	-	-	-	-
Last lap Ziel Hen	5.00	54:08	10:49	4	33:00	43	48:51	10.00	54:08	5:24	4	12:08	34	18:28