



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Vierhaus, Udo

Club: Team 4haus
Number: 125

Course: 17.50 km
Panorama Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:34:25

Speed: 10.80 km/h
Running performance: 5:24 min/km

Rank in course/Total: 73 (of 123)

Rank in course/Men: 66 (of 98)

Best time in course: 1:04:30

Rank in category: 6(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	30:18	6:03	7	5:16	72	10:34	5.00	30:18	6:03	7	5:16	72	10:34
Lap 2	3.00	16:55	5:38	8	2:57	75	5:45	8.00	47:13	5:54	7	8:13	73	16:19
Last lap Ziel Hen	9.50	47:12	4:58	7	7:25	61	13:36	17.50	1:34:25	5:23	6	15:26	66	29:55