



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Bohne, Dominik

Club: TEAM ARÜ

Number: 203

Course: 5.00 km

Uferweglauf kurz

Category:

Senioren M30 (30-34 Jahre)

Total time: 22:55

Speed: 13.09 km/h

Running performance: 4:35 min/km

Rank in course/Total: 10 (of 43)

Rank in course/Men: 8 (of 24)

Best time in course: 18:29

Rank in category: 1(of 2)

Best time in the category: 22:55

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	2.50	11:10	4:28	1	-	7	1:43	2.50	11:10	4:28	1	-	7	1:43
Last lap Ziel Hen	2.50	11:45	4:42	1	-	8	2:43	5.00	22:55	4:35	1	-	8	4:26