



### 3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

Schumann, Dirk

Club: TEAM ARÜ

Number: 222

Course: 5.00 km

Uferweglauf kurz

Category:

Senioren M45 (45-49 Jahre)

Total time: 31:00

Speed: 9.68 km/h

Running performance: 6:12 min/km

Rank in course/Total: 31 (of 43)

Rank in course/Men: 21 (of 24)

Best time in course: 18:29

Rank in category: 7(of 8)

Best time in the category: 21:36

#### 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	16:18	6:31	8	5:47	22	6:51	2.50	16:18	6:31	8	5:47	22	6:51
Last lap Ziel Hen	2.50	14:42	5:52	7	3:37	20	5:40	5.00	31:00	6:12	7	9:24	21	12:31