



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Jolmes, Oliver

Club: TEAM ARÜ
Number: 216

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: 30 (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	16:16	6:30	7	5:45	21	6:49	2.50	16:16	6:30	7	5:45	21	6:49
Last lap Ziel Hen	2.50	14:44	5:53	8	3:39	21	5:42	5.00	31:00	6:12	7	9:24	21	12:31