



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Stecken, Jan

Club: TEAM ARÜ
Number: 225

Course: 5.00 km
Uferweglauf kurz

Category:
Männer (20-29 Jahre)

Total time: 33:01

Speed: 9.09 km/h
Running performance: 6:36 min/km

Rank in course/Total: 36 (of 43)

Rank in course/Men: 24 (of 24)

Best time in course: 18:29

Rank in category: 2(of 2)

Best time in the category: 20:25

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	16:26	6:34	2	6:29	23	6:59	2.50	16:26	6:34	2	6:29	23	6:59
Last lap Ziel Hen	2.50	16:35	6:37	2	6:07	24	7:33	5.00	33:01	6:36	2	12:36	24	14:32