



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

wilmes, nico

Club: erwitte
Number: 537

Course: 10.00 km
Uferweglauf lang

Category:
männliche Jugend U20 (18-19 Jahre)

Total time: 54:04

Speed: 11.10 km/h
Running performance: 5:25 min/km

Rank in course/Total: 43 (of 64)

Rank in course/Men: 32 (of 44)

Best time in course: 35:40

Rank in category: 2(of 3)

Best time in the category: 50:40

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	5.00	26:57	5:23	2	1:46	30	9:24	5.00	26:57	5:23	2	1:46	30	9:24
Last lap Ziel Hen	5.00	27:07	5:25	2	1:38	29	21:50	10.00	54:04	5:24	2	3:24	32	18:24