



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Wahl, Thomas

Club: Team Egger Brilon
Number: 175

Course: 17.50 km
Panorama Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:26:24

Speed: 11.81 km/h
Running performance: 4:56 min/km

Rank in course/Total: 49 (of 123)

Rank in course/Men: 44 (of 98)

Best time in course: 1:04:30

Rank in category: 8(of 17)

Best time in the category: 1:15:25

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	5.00	26:54	5:22	7	2:59	41	7:10	5.00	26:54	5:22	7	2:59	41	7:10
Lap 2	3.00	15:27	5:08	8	2:10	50	4:17	8.00	42:21	5:17	7	5:09	45	11:27
Last lap Ziel Hen	9.50	44:03	4:38	8	5:50	46	10:27	17.50	1:26:24	4:56	8	10:59	44	21:54