



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Metten, Peter

Club: Team Egger Brilon
Number: 150

Course: 17.50 km
Panorama Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:26:57

Speed: 12.08 km/h
Running performance: 4:58 min/km

Rank in course/Total: 52 (of 123)

Rank in course/Men: 47 (of 98)

Best time in course: 1:04:30

Rank in category: 12(of 21)

Best time in the category: 1:12:43

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	27:38	5:31	14	5:05	50	7:54	5.00	27:38	5:31	14	5:05	50	7:54
Lap 2	3.00	15:03	5:00	12	2:31	45	3:53	8.00	42:41	5:20	12	7:36	46	11:47
Last lap Ziel Hen	9.50	44:16	4:39	12	7:05	49	10:40	17.50	1:26:57	4:58	12	14:14	47	22:27