



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Krause, Joachim

Club: Team Erdinger
Number: 188

Course: 17.50 km
Panorama Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:44:13

Speed: 9.79 km/h
Running performance: 5:58 min/km

Rank in course/Total: 105 (of 123)

Rank in course/Men: 85 (of 98)

Best time in course: 1:04:30

Rank in category: 15(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.	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	33:52	6:46	15	9:57	89	14:08	5.00	33:52	6:46	15	9:57	89	14:08
Lap 2	3.00	18:23	6:07	15	5:06	85	7:13	8.00	52:15	6:31	15	15:03	86	21:21
Last lap Ziel Hen	9.50	51:58	5:28	14	13:45	78	18:22	17.50	1:44:13	5:57	15	28:48	85	39:43