



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Scholz, Detlef**

Club: Team Wikinger  
Number: 179

Course: 17.50 km  
Panorama Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:33:55

Speed: 10.86 km/h  
Running performance: 5:22 min/km

Rank in course/Total: 68 (of 123)

Rank in course/Men: 62 (of 98)

Best time in course: 1:04:30

Rank in category: 10(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	29:02	5:48	11	5:07	61	9:18	5.00	29:02	5:48	11	5:07	61	9:18
Lap 2	3.00	16:25	5:28	11	3:08	65	5:15	8.00	45:27	5:40	11	8:15	65	14:33
Last lap Ziel Hen	9.50	48:28	5:06	10	10:15	66	14:52	17.50	1:33:55	5:22	10	18:30	62	29:25