



### 3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

**Vierhaus, Detlev**

Club: team-4haus  
Number: 227

Course: 5.00 km  
Uferweglauf kurz

Category:  
Senioren M55 (55-59 Jahre)

Total time: 30:01

Speed: 9.99 km/h  
Running performance: 6:00 min/km

Rank in course/Total: 27 (of 43)

Rank in course/Men: 20 (of 24)

Best time in course: 18:29

Rank in category: 1(of 1)

Best time in the category: 30:01

#### 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	2.50	15:08	6:03	1	-	20	5:41	2.50	15:08	6:03	1	-	20	5:41
Last lap Ziel Hen	2.50	14:53	5:57	1	-	22	5:51	5.00	30:01	6:00	1	-	20	11:32