



### 3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

#### Detailed evaluation

Hufnagel, Stefan

Club: Eslohe  
Number: 74

Course: 17.50 km  
Panorama Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:23:55

Speed: 12.51 km/h  
Running performance: 4:48 min/km

Rank in course/Total: 39 (of 123)

Rank in course/Men: 36 (of 98)

Best time in course: 1:04:30

Rank in category: 7(of 12)

Best time in the category: 1:04:30

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	26:30	5:17	7	6:46	37	6:46	5.00	26:30	5:17	7	6:46	37	6:46
Lap 2	3.00	14:44	4:54	7	3:34	38	3:34	8.00	41:14	5:09	7	10:20	37	10:20
Last lap Ziel Hen	9.50	42:41	4:29	7	9:05	35	9:05	17.50	1:23:55	4:47	7	19:25	36	19:25