



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Vorberg, Stefan

Club: TGH Wetter
Number: 127

Course: 17.50 km
Panorama Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 1:35:00

Speed: 10.74 km/h
Running performance: 5:26 min/km

Rank in course/Total: 75 (of 123)

Rank in course/Men: 68 (of 98)

Best time in course: 1:04:30

Rank in category: 3(of 6)

Best time in the category: 1:29:10

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	30:17	6:03	4	1:53	71	10:33	5.00	30:17	6:03	4	1:53	71	10:33
Lap 2	3.00	16:45	5:34	3	1:12	69	5:35	8.00	47:02	5:52	4	3:05	72	16:08
Last lap Ziel Hen	9.50	47:58	5:02	3	2:45	64	14:22	17.50	1:35:00	5:25	3	5:50	68	30:30