



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Chrobok, Rainer

Club: TGH Wetter
Number: 62

Course: 17.50 km
Panorama Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:23:27

Speed: 12.22 km/h
Running performance: 4:46 min/km

Rank in course/Total: 36 (of 123)

Rank in course/Men: 33 (of 98)

Best time in course: 1:04:30

Rank in category: 3(of 10)

Best time in the category: 1:18:59

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	25:34	5:06	3	0:32	26	5:50	5.00	25:34	5:06	3	0:32	26	5:50
Lap 2	3.00	14:50	4:56	4	0:52	40	3:40	8.00	40:24	5:02	3	1:24	31	9:30
Last lap Ziel Hen	9.50	43:03	4:31	4	3:16	38	9:27	17.50	1:23:27	4:46	3	4:28	33	18:57