



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Scheschonka, Claus

Club: TGH Wetter

Number: 108

Course: 17.50 km

Panorama Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:29:54

Speed: 11.35 km/h

Running performance: 5:08 min/km

Rank in course/Total: 61 (of 123)

Rank in course/Men: 55 (of 98)

Best time in course: 1:04:30

Rank in category: 5(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	27:33	5:30	5	2:31	48	7:49	5.00	27:33	5:30	5	2:31	48	7:49
Lap 2	3.00	15:31	5:10	5	1:33	53	4:21	8.00	43:04	5:23	5	4:04	49	12:10
Last lap Ziel Hen	9.50	46:50	4:55	6	7:03	59	13:14	17.50	1:29:54	5:08	5	10:55	55	25:24