



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Herting, Jörg

Club: Tri Cops
Number: 178

Course: 17.50 km
Panorama Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:23:42

Speed: 12.19 km/h
Running performance: 4:47 min/km

Rank in course/Total: 38 (of 123)

Rank in course/Men: 35 (of 98)

Best time in course: 1:04:30

Rank in category: 9(of 21)

Best time in the category: 1:12:43

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	5.00	26:57	5:23	9	4:24	42	7:13	5.00	26:57	5:23	9	4:24	42	7:13
Lap 2	3.00	14:20	4:46	10	1:48	30	3:10	8.00	41:17	5:09	9	6:12	39	10:23
Last lap Ziel Hen	9.50	42:25	4:27	9	5:14	31	8:49	17.50	1:23:42	4:46	9	10:59	35	19:12