



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Kemper, Christoph

Club: Tri Sport Menden
Number: 81

Course: 17.50 km
Panorama Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:19:31

Speed: 12.83 km/h
Running performance: 4:32 min/km

Rank in course/Total: 21 (of 123)

Rank in course/Men: 20 (of 98)

Best time in course: 1:04:30

Rank in category: 5(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	5.00	24:45	4:57	5	2:12	18	5:01	5.00	24:45	4:57	5	2:12	18	5:01
Lap 2	3.00	13:51	4:36	4	1:19	18	2:41	8.00	38:36	4:49	5	3:31	19	7:42
Last lap Ziel Hen	9.50	40:55	4:18	5	3:44	22	7:19	17.50	1:19:31	4:32	5	6:48	20	15:01