



3. Hennesee Panoramalauf

Meschede - Hennesee / 19.04.2015

Detailed evaluation

Haupt, Kai

Club: Tri Team Hagen
Number: 69

Course: 17.50 km
Panorama Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:21:12

Speed: 12.93 km/h
Running performance: 4:38 min/km

Rank in course/Total: 29 (of 123)

Rank in course/Men: 27 (of 98)

Best time in course: 1:04:30

Rank in category: 5(of 17)

Best time in the category: 1:15:25

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	25:39	5:07	4	1:44	27	5:55	5.00	25:39	5:07	4	1:44	27	5:55
Lap 2	3.00	14:29	4:49	5	1:12	33	3:19	8.00	40:08	5:00	4	2:56	29	9:14
Last lap Ziel Hen	9.50	41:04	4:19	5	2:51	24	7:28	17.50	1:21:12	4:38	5	5:47	27	16:42